

# CHOICE

## RESOURCE GUIDE FOR SENIORS

MAY 2014 - APRIL 2015

Free help choosing a senior  
housing or care community

*INSIDE COVER*

### *INSIDE*

**Senior Housing & Care** PG. 6

**Health & Wellness** pg. 60

**Professional Services** pg. 94

### PLUS

**Resources & Helpful Articles**

### CHOICE

ADVISORY SERVICES

My name is Steve Towles, CSA®.  
I'm a Housing & Care Advisor  
for CHOICE. Call me for FREE  
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EMAIL: [steve@choiceadvisory.com](mailto:steve@choiceadvisory.com)

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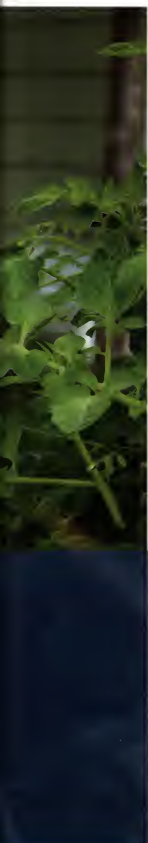


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■ **Infusion and Pharmacy**

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■ **Assisted Living**

**Providence Mount St. Vincent**  
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■ **Lifeline**

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**Providence ElderPlace**  
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**Providence ElderPlace West**  
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Seattle  
206.923.3490

■ **Skilled Nursing/Rehabilitation**

**Providence Marianwood**  
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Issaquah  
425.391.2800

**Providence Mother Joseph Care Center**  
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Olympia  
360.493.4900

**Providence Mount St. Vincent**  
4831 35th Avenue SW  
Seattle  
206.937.3700



# The CHOICE Guide of Products & Services for Seniors

## Published by

CHOICE Advisory Services, Inc.  
800-361-0138

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## REFERRAL AGENCIES

Help you find  
housing and care  
options at no cost.

See pages  
1, 30-31

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## CHOICE

In addition  
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care referral agency

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## ADULT COMMUNITIES - INDEPENDENT SENIOR LIVING/AGE RESTRICTED

Name	Ad on page	Location	Telephone	Type	Total No. of Homes	Studios	1 Bedroom	2 Bedroom	3+ Bedroom	Swimming Pool
Pacific Regent Bellevue		Bellevue, Downtown	425-646-9808	Ret / SNF	105		■	■	■	■
Chateau Bothell Landing	33	Bothell	425-908-0870	Ret / AL	171		■	■	■	
Boulevard Park Place	6	Burien	206-243-0300	Apts	126		■	■	■	
Judson Park		Des Moines	888-671-3085	CCRC	170	■	■	■		
Garden Court Retirement Community	53	Everett	425-438-9020	Ret / AL	148	■	■	■		
Rosedale Village (coming soon!)		Gig Harbor	253-530-3334	Apts	79		■			
Providence Point (55+ community - condominiums and townhomes)		Issaquah	Barbara & Sandy: 425-698-3387		1100	■	■	■	■	■
Coldwell Banker Bain			Maria Burke: 206-498-1188							
Chateau Pacific	33	Lynnwood	425-329-7655	Ret / AL	130		■	■		■
Cooper Point Village		Olympia	360-956-9400	Apts	88			■	■	
Holiday Retirement	55	Throughout Puget Sound	800-322-0999	Ret		■	■	■		
The Highlands at South Hill		Puyallup	425-445-8000	Apts	184			■	■	
Chateau Valley Center	33	Renton	425-243-9675	Ret / AL	127		■	■		■
Norpoint Village		Tacoma	253-952-8347	Apts	92			■		
StoneRidge at the Park		Tacoma	253-879-1000	Apts	64			■		
The Cottages at Peach Creek		University Place	253-565-6151	Apts	80			■		

Other independent living options can be found on pages 32-59

See page 132 for Key

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**Adult Day Service centers** provide a coordinated program of professional and compassionate services for adults in a community-based group setting. Services are designed to provide social and some health services to adults who need supervised care in a safe place outside the home during the day. They also afford caregivers respite from the demanding responsibilities of caregiving. Adult day centers generally operate during normal business hours five days a week. Some programs offer services in the evenings and on weekends. Although each facility may differ in terms of features, these general services are offered by most adult day centers: **social activities, transportation, meals and snacks, and personal care.**

## ADULT DAY SERVICES |

Name	City	Telephone	Web site
The Gentry House (Skagit Adult Day Care)	Anacortes	360-293-4466	<a href="http://www.skagitadultdaycare.org">www.skagitadultdaycare.org</a>
Elder and Adult Day Services	Bellevue	425-867-1799	<a href="http://www.eadscare.org">www.eadscare.org</a>
Northshore Senior Center / Adult Day Center	Bothell	425-488-4821	<a href="http://www.northshoreseniorcenter.org">www.northshoreseniorcenter.org</a>
Elder and Adult Day Services	Bremerton	360-377-9810	<a href="http://www.eadscare.org">www.eadscare.org</a>
Skagit Adult Day Care	Burlington	360-293-4466	<a href="http://www.skagitadultdaycare.org">www.skagitadultdaycare.org</a>
The Bradford House (Skagit Adult Day Care)	Burlington	360-755-1235	<a href="http://www.skagitadultdaycare.org">www.skagitadultdaycare.org</a>
Snoqualmie Valley Senior Center and Adult Day Health	Carnation	425-333-4152	<a href="http://www.snovalleysenior.org">www.snovalleysenior.org</a>
Elder and Adult Day Services	Des Moines	206-592-1211	<a href="http://www.eadscare.org">www.eadscare.org</a>
Rosewood Courte, Senior Day Stay Edmonds	Edmonds	425-673-2875	<a href="http://www.northwestcare.com">www.northwestcare.com</a>
Full Life Care Snohomish County Adult Day Health	Everett	425-355-1313	<a href="http://www.fulllifecare.org">www.fulllifecare.org</a>
Full Life Care South King County Adult Day Health	Kent	206-528-5315	<a href="http://www.fulllifecare.org">www.fulllifecare.org</a>
Providence ElderPlace	Kent	206-320-5325	<a href="http://www.providence.org/elderplace">www.providence.org/elderplace</a>
STARS Adult Day Program - Lacey Senior Center	Lacey	360-407-3967	<a href="http://www.southsoundseniors.org">www.southsoundseniors.org</a>
STARS Adult Day Program - The Olympia Center	Olympia	360-586-6181 x114	<a href="http://www.southsoundseniors.org">www.southsoundseniors.org</a>
Overlake Terrace Assisted Living & Memory Care	Redmond	425-883-0495	<a href="http://www.stellarliving.com/overlake-terrace">www.stellarliving.com/overlake-terrace</a>
Elderwise Senior Enrichment Program	Seattle	206-774-6606	<a href="http://www.elderwise.org">www.elderwise.org</a>
Full Life Care North Seattle Adult Day Health	Seattle	206-528-5315	<a href="http://www.fulllifecare.org">www.fulllifecare.org</a>
Full Life Care South Seattle Adult Day Health	Seattle	206-528-5315	<a href="http://www.fulllifecare.org">www.fulllifecare.org</a>
Legacy House, Adult Day Care (Asian program)	Seattle	206-292-5184	<a href="http://www.scidpda.org">www.scidpda.org</a>
Nikkei Concerns - Kokoro Kai	Seattle	206-726-6474	<a href="http://www.nikkeiconcerns.org">www.nikkeiconcerns.org</a>
Polack Adult Day Center / Caroline Kline-Galland	Seattle	206-725-8800	<a href="http://www.klinegalland.org/dayCenter.html">www.klinegalland.org/dayCenter.html</a>
Providence ElderPlace PACE Program	Seattle	206-320-5325	<a href="http://www.providence.org/elderplace">www.providence.org/elderplace</a>
Sunshine Garden Chinese Senior Day Care Center	Seattle	206-624-5633 x4121	<a href="http://www.cisc-seattle.org">www.cisc-seattle.org</a>
STARS Adult Day Program - Faith Lutheran Church	Shelton	360-426-8611	<a href="http://www.southsoundseniors.org">www.southsoundseniors.org</a>
Cascade Park Active Day	Tacoma	253-627-9990	<a href="http://www.cascadecares.com">www.cascadecares.com</a>
Good Samaritan Adult Day Health Center	Tacoma	253-459-7222	<a href="http://www.goodsamhealth.org">www.goodsamhealth.org</a>
Multicare Adult Day Health	Tacoma	253-459-7222	<a href="http://www.multicare.org">www.multicare.org</a>
TBI and Memory Care Programs (Cascade Park Active Day)	Tacoma	253-572-0383	<a href="http://www.cascadecares.com">www.cascadecares.com</a>
Traditional Adult Day Health (Cascade Park Active Day)	Tacoma	253-627-9990	<a href="http://www.cascadecares.com">www.cascadecares.com</a>
Break Time Adult Day Program	Vashon Island	206-567-4421	<a href="http://www.vashoncommunitycare.org">www.vashoncommunitycare.org</a>
Providence Mount St. Vincent	W. Seattle	206-923-3940	<a href="http://www.providence.org/themount">www.providence.org/themount</a>

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## ADULT COMMUNITIES - AFFORDABLE HOUSING

Name	Ad on page	Telephone	Area (sorted by)	Information
Senior Housing Assistance Group (SHAG)	8, 9	888-450-7424	Washington	<a href="http://www.housing4seniors.com">www.housing4seniors.com</a>
Apartment Finder (Specifically for low/lower income)	11	<a href="http://www.aptfinder.org">www.aptfinder.org</a>	Washington	Non-profit organization, offering up-to-date availability, links and detailed information about senior & disabled housing for low and lower income, Washington State Residents.
Auburn Court (SHAG)	8, 9	888-450-7424	Auburn	<a href="http://www.housing4seniors.com">www.housing4seniors.com</a>
Winslow Arms (Pan Pacific)	11	206-842 3611	Bainbridge Island	Section 8 Housing
WoodRose Apartments (SHAG)	8, 9	888-450-7424	Bellingham	<a href="http://www.housing4seniors.com">www.housing4seniors.com</a>
Burien Haus (Pan Pacific)	11	206-243-4009	Burien	Section 8 Housing
Covington Place Senior Apartments (Village Concepts)	57	253-398-2700	Covington	<a href="http://www.villageconcepts.com">www.villageconcepts.com</a> ; Affordable Active Senior Living
Ballinger Court (SHAG)	8, 9	888-450-7424	Edmonds	<a href="http://www.housing4seniors.com">www.housing4seniors.com</a>
Meridian Court (SHAG)	8, 9	888-450-7424	Federal Way	<a href="http://www.housing4seniors.com">www.housing4seniors.com</a>
Willamette Court (SHAG)	8, 9	888-450-7424	Federal Way	<a href="http://www.housing4seniors.com">www.housing4seniors.com</a>
Sequoias (SHAG)	8, 9	888-450-7424	Kenmore	<a href="http://www.housing4seniors.com">www.housing4seniors.com</a>
Gowe Court (SHAG)	8, 9	888-450-7424	Kent	<a href="http://www.housing4seniors.com">www.housing4seniors.com</a>
Green River (SHAG)	8, 9	888-450-7424	Kent	<a href="http://www.housing4seniors.com">www.housing4seniors.com</a>



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## Section 8 Senior Apartment Communities in Washington

Burien Haus, Burien (206) 243-4009

Goldsborough Creek, Shelton (360) 426-3903

Hillyard Plaza, Spokane (509) 489-7271

Plaza 44, Lynnwood (425) 771-7572

South Sound Villa, Lacey (360) 459-8792

Winslow Arms, Bainbridge Is. (206) 842-3611

Wright Park House, Tacoma (253) 272-2304



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(206) 441-8866

## ADULT COMMUNITIES - AFFORDABLE HOUSING | continued

Name	Ad on page	Telephone	Area (sorted by)	Information
Meeker Court (SHAG)	8, 9	888-450-7424	Kent	www.housing4seniors.com
Park Court (SHAG)	8, 9	888-450-7424	Kent	www.housing4seniors.com
Radcliffe Place (SHAG)	10	888-450-7424	Kent	www.housing4seniors.com
Titus Court (SHAG)	8, 9	888-450-7424	Kent	www.housing4seniors.com
Webster Court (SHAG)	8, 9	888-450-7424	Kent	www.housing4seniors.com
Woodlands at Forbes Lake (SHAG)	8, 9	888-450-7424	Kirkland	www.housing4seniors.com
South Sound Villa (Pan Pacific)	11	360-459-8792	Lacey	Section 8 Housing
Cedar Park (SHAG)	8, 9	888-450-7424	Lake City	www.housing4seniors.com
Victoria Park (SHAG)	8, 9	888-450-7424	Lake City	www.housing4seniors.com
Lakewood Meadows (SHAG)	8, 9	888-450-7424	Lakewood	www.housing4seniors.com
Alderwood Court (SHAG)	8, 9	888-450-7424	Lynnwood	www.housing4seniors.com
Plaza 44 (Pan Pacific)	11	425-771-7572	Lynnwood	Section 8 Housing
Pioneer Village Senior Apartments (Village Concepts)	57	888-548-6609	Moses Lake	www.villageconcepts.com; Affordable Active Senior Living
Boardwalk (SHAG)	8, 9	888-450-7424	Olympia	www.housing4seniors.com



## Consulting Services for Providers

These businesses and agencies provide services directly to senior living providers



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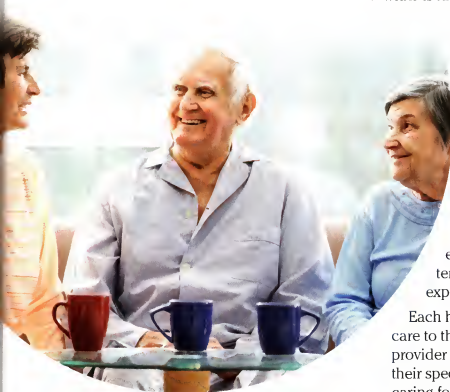
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## ADULT COMMUNITIES - AFFORDABLE HOUSING | continued

Name	Ad on page	Telephone	Area (sorted by)	Information
Sunset Gardens (SHAG)	8, 9	888-450-7424	Puyallup	<a href="http://www.housing4seniors.com">www.housing4seniors.com</a>
Cedar River Court (SHAG)	8, 9	888-450-7424	Renton	<a href="http://www.housing4seniors.com">www.housing4seniors.com</a>
Spencer Court (SHAG)	8, 9	888-450-7424	Renton	<a href="http://www.housing4seniors.com">www.housing4seniors.com</a>
Courtland Place (SHAG)	8, 9	888-450-7424	Seattle	<a href="http://www.housing4seniors.com">www.housing4seniors.com</a>
Interurban Senior Living (SHAG)	8, 9	206-707-8026	Seattle	<a href="http://www.housing4seniors.com">www.housing4seniors.com</a>
New Haven at Bitter Lake (SHAG)	8, 9	888-450-7424	Seattle	<a href="http://www.housing4seniors.com">www.housing4seniors.com</a>
Providence Supportive Housing	2, 3	425-525-3055	Seattle	<a href="http://www.providencesupportivehousing.org">www.providencesupportivehousing.org</a>
Terrace, The (SHAG)	8, 9	888-450-7424	Seattle, Downtown	<a href="http://www.housing4seniors.com">www.housing4seniors.com</a>
Arrowhead Gardens (SHAG)	8, 9	888-450-7424	Seattle, West Seattle	<a href="http://www.housing4seniors.com">www.housing4seniors.com</a>
Goldsborough Creek	11	360-426-3903	Shelton	Section 8 Housing
Commencement Place (SHAG)	8, 9	888-450-7424	Tacoma	<a href="http://www.housing4seniors.com">www.housing4seniors.com</a>
Conservatory Place (SHAG)	8, 9	888-450-7424	Tacoma	<a href="http://www.housing4seniors.com">www.housing4seniors.com</a>
Wright Park House (Pan Pacific)	11	253-272-2304	Tacoma	Section 8 Housing
Willamette East (SHAG)	8, 9	888-450-7424	Wenatchee	<a href="http://www.housing4seniors.com">www.housing4seniors.com</a>



experience within the AFH industry.

- Some homes are operated by medical professionals (physicians, nurses or therapists)
- Other homes are operated by para-professionals such as Certified Nursing Assistants or Nursing Assistants Registered
- And there are homes operated by caregivers, who have gathered practical experience by working in other long-term care settings or through their own life experiences.

Each home has a particular way of offering care to their residents. The owner or care provider chooses the level of care provided in their specific home. Homes may specialize in caring for people who are physically frail while other homes prefer to care for residents who have dementia or memory loss. Each home will have its own specialty and unique personality.

Adult Family Homes are designed for people who have less predictable care needs. In a home-like environment with a high staff-to-resident ratio, AFHs are able to extend care to people who may have needs that vary greatly during the day and evening or from one day to the next. ■

**Call CHOICE at (800) 361-0138 for free guidance regarding Adult Family Home options in your desired geographic area. We know the homes you will want to consider.**

## WHAT IS AN ADULT FAMILY HOME?

**An Adult Family Home (or AFH) is one of the many senior care options that exist in our area.** It is a residential home providing care to older or frail adults and can be found in neighborhoods all over the state. There are over 2,800 of these AFHs in Washington State; all are licensed and regulated by the State of Washington's Department of Social and Health Services (DSHS).

An AFH provides housing and care for between two and six seniors. Typically, an AFH is a good option for seniors whose care needs require more diligent attention than can be received in other senior care settings.

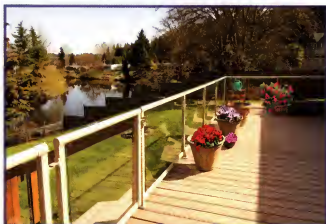
Providers and staff in an AFH must be certified in the fundamentals of care giving, first-aid and CPR. They must also obtain the necessary certifications for any specialty services they may offer. In addition to these certifications, each caregiver must fulfill continuing education requirements to maintain their certifications.

There is a broad spectrum of knowledge and





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- Beautiful, riverfront AFH minutes from downtown Bothell, Woodinville and Kirkland
- Licensed Practical Nurse managed home
- Specializes in dementia/Alzheimer's and Mental Health
- On the same street as the Northshore Senior Center with lots of in-home activities as well

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For detailed information:

[www.tranquilityhomecare.com](http://www.tranquilityhomecare.com)

## ADULT FAMILY HOMES | King County - Eastside

Name	Ad on page	City (sorted by)	Area	Telephone	Male / Female / Both	Alzheimer's / Dementia Care	Hospice	Medicaid / COPIES
Bellevue Quality Care Inc.		Bellevue	Lake Hills	206-313-1642	B ■ ■ ■	■ ■ ■		
Comfort Home		Bellevue		206-356-3381	B ■ ■ ■	■ ■ ■		
Factoria AFH	17	Bellevue	Factoria	425-444-0110	B ■ ■ ■	■ ■ ■		
NC Adult Family Home / Natty Corp-uz 206-372-2566	16	Bellevue	North of BCC & Factoria Mall; Easy access to I-90 and I-405	206-372-2563	B ■ ■ ■	■ ■ ■		M
Overlake Senior Care, Inc.		Bellevue	Woodridge / Factoria	425-502-2924	B ■ ■ ■	■ ■ ■		M
Pleasant Retreat AFH - 425-502-8899		Bellevue	Crossroads / Lake Hills	425-829-2548	B ■ ■ ■	■ ■ ■		
Sunshine Park Adult Family Home, LLC	16	Bellevue / Kirkland	Kelsey Creek / Kingsgate	425-283-3593	B ■ ■ ■	■ ■ ■		
Tina's Exceptional Care / Leontina Florea	15	Bellevue	Lochmoor	425-603-0423	B ■ ■ ■	■ ■ ■		
Angela's House		Bothell	Canyon Park	425-424-9180	B ■ ■ ■	■ ■ ■		
Golden Leaf AFH		Bothell		425-337-8883	B ■ ■ ■	■ ■ ■		
Lona's AFH	15	Bothell	Canyon Park	425-424-9629	B ■ ■ ■	■ ■ ■		





## Tina's Exceptional Care

Adult Family Home

A warm, safe environment with compassionate staff, committed to giving personal attention and care to each resident



Intimate, Homelike Environment  
Experienced 24-Hour Awake Staff  
Dementia/Alzheimer's • Mental Health  
Continuing Rehab • Stroke • Arthritis  
Diabetes • Hospice  
Nutritional, Home-Cooked Meals  
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- On-site provider
- Private and semi-private rooms
- Excellent meals and snacks
- Personal services, such as bathing and hair care
- Activities customized to residents' interests and abilities
- Medication assistance and nursing services as needed



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cell **425-443-7604** • home **425-424-9629**

1704 226th Place SW ♦ Bothell, WA 98021

## ADULT FAMILY HOMES

## King County - Eastside continued

Name	Ad on page	City (sorted by)	Area	Telephone	Male / Female / Both	Alzheimer's / Dementia Care	Hospice	Medicaid / COPES
Tranquility Home Care Grace Senior Care	14	Bothell Issaquah	Bothell, Kirkland, Woodinville Highlands	425-205-0286 425-445-9723	B ■ ■ ■ M B ■ ■ ■ M			
Crossland Adult Home Care 		Kirkland	Kingsgate	425-814-4796	B ■ ■ ■ ■			
High Woodlands AFH		Kirkland	High Woodlands	425-825-0810	B ■ ■ ■ M			
LeClare Adult Family Homes		Kirkland/ Totem Lake	Houghton/Kingsgate	425-889-0404	B ■ ■ ■ ■			
Peace of Mind Adult Family Home	16	Kirkland	Totem Lake	425-442-0930	B ■ ■ ■ ■ M			
Shumway Mansion I & II		Kirkland	Juanita	425-605-0920	B ■ ■ ■ ■			
Mercer Island Premier AFH		Mercer Island	42nd & Island Crest Way	206-465-4441	B ■ ■ ■ ■			
Nov Adult Family Homes 		Mercer Island	Northend	206-948-2209	B ■ ■ ■ ■			
Daniela's Adult Family Home Daniela Ionesi, RN, BSN		Woodinville	Hollywood Hill	425-830-7757	B ■ ■ ■ ■			
Lake Leota Senior Care		Woodinville	Lake Leota/Cottage Lake	425-415-6446	B ■ ■ ■ ■ M			
Lawrence & Michelle's AFH, Inc	16	Woodinville	Kingsgate	206-276-3292	B ■ ■ ■ ■			



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to care for  
someone you love"*

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- Alzheimer's

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of medication
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and snacks

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Residents  
are Family!*



*Specializing  
in Dementia  
& Alzheimer's*

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to Arrange an Appointment

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[www.careoptions.info/factoria](http://www.careoptions.info/factoria)

- 24-hour personalized care
- Monitored medication; coordination with doctor and pharmacy
- Emergency response call buttons
- Social and recreational activities: exercise, movies, games, walking, summer picnics on deck, birthday and holiday celebrations
- Open door visiting policy, family and friends are always welcome!

*Anca & Gabriel Carp (425) 444-0110*

**ADULT FAMILY HOMES****King County - North King & Seattle City**

Name	Ad on page	City (sorted by)	Area	Telephone	Male/Female/Both	Alzheimer's/ Dementia Care	Hospice	Medicaid / COPES
Ashford Adult Family Home #1/206-295-4783	18	Lake Forest Park	Lake Forest Park and Shoreline homes	206-310-8364	B	■	■	■
Ashford Adult Family Home #2/206-295-4783	18	Lake Forest Park	Lake Forest Park and Shoreline homes	206-310-8364	B	■	■	■
All About Seniors I 		Seattle	Northgate	206-697-5557	B	■	■	M
Langland House AFH 		Seattle	Blue Ridge / Ballard	206-718-1700	B	■	■	■
A Water View Adult Family Home 		Shoreline	Richmond Beach	206-697-5557	B	■	■	M
All About Seniors II 		Shoreline	Richmond Beach	206-697-5557	B	■	■	M
Good Shepherd Homes, Inc #1/206-310-8364	18	Shoreline	Shoreline	206-295-4783	B	■	■	■
Good Shepherd Homes, Inc #2/206-310-8364	18	Shoreline	Shoreline	206-295-4783	B	■	■	■
Good Shepherd Homes, Inc #3/206-310-8364	18	Shoreline	Shoreline	206-295-4783	B	■	■	■
Good Shepherd Homes, Inc #4/206-310-8364	18	Shoreline	Shoreline	206-295-4783	B	■	■	■
Good Shepherd Homes, Inc #5/206-310-8364	18	Shoreline	Shoreline	206-295-4783	B	■	■	■
Home Again AFH		Shoreline	Richmond Beach	206-799-3124	B	■	■	■
Richmond Care Inc./Naheed	18	Shoreline	Richmond Beach	206-542-3585	B	■	■	M



## Good Shepherd / The Ashford Homes

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"A definition of excellence and quality in a loving, caring family home."

**Alzheimer's and Dementia Care Specialty Home**



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- ❖ Family owned
- ❖ 24-hour AWAKE care
- ❖ Home doctor, dental, podiatrist and beautician visits
- ❖ In-home lab, x-ray and EKG svcs.
- ❖ Professionally trained and competent staff
- ❖ All-door alarm system
- ❖ Home-cooked, nutritious meals and snacks
- ❖ All private rooms, with wheel-in bathrooms
- ❖ Cable and phones in every room
- ❖ Lovely gardens with fountain and waterfalls
- ❖ Activities director, varied activities



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Mental Health Professional, Provider/Owner

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**Six Shoreline Locations:**

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15010 Linden Ave North ❖ 754 North 203rd Street ❖ 18060 8th Ave. NE

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email: luz@goodshepherdhome.net • web: www.goodshepherdhome.net

### The Ashford Family Home

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email: ronnie@theashfordluxuryliving.com

web: www.TheAshfordLuxuryLiving.com



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We provide a safe environment in which each person receives individual care. There are plenty of opportunities for socialization, music, and exercise that can enrich the service plan of each person.

- ❖ 24-Hour AWAKE Care
- ❖ CNA Provider with 20 Years Experience
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- ❖ Security Alarm System
- ❖ Large, Spacious, Home with Wheelchair Access

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- Landscaped yard – fully fenced and gated

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cell 206-713-0798

email st.therese\_afh@yahoo.com



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- CNA experienced provider
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- Private patio in serene wooded surroundings
- Alzheimer's, dementia and hospice care
- Home-cooked meals in a family setting
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- Compassionate and professional staff
- Organized projects and activities

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www.careoptions.info/sunset\_afh • Fax: 425-271-2472

## ADULT FAMILY HOMES | King County - South King & West Seattle

Name	Ad on page	City (sorted by)	Area	Telephone	Male / Female / Both	Alzheimer's / Dementia Care	Hospice	Medicaid / COPES
Marine View AFH		Federal Way	Twin Lakes	253-261-2975	B ■ ■ ■			
St. Therese Adult Family Home, LLC 253-517-3488	19	Federal Way	Twin Lakes	206-713-0798	B ■ ■ ■			
Silver Life Adult Family Home, Inc. 253-442-6383		Federal Way	Dash Point	253-666-3938	B ■ ■ M ■			
Diana's Home 		Kent	Kent East Hill	253-631-0386	B ■ ■ ■ M			
Sunset Adult Family Home	19	Renton	Near Maple Valley golf course	425-221-2687	B ■ ■ ■ ■			
Schneider Residence 		SeaTac	Near Burien/Riverton area	206-246-9874	B ■ ■ ■			
Anderson Loving Care AFH, LLC		Seattle	South Seattle	206-772-4774	B ■ ■ ■ M			

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the life you want to live!*



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- Music & Entertainment
- Exercise & Activities
- Arts & Crafts

- Skilled Nursing Services**
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  - Congestive Heart Failure / Stroke
  - Diabetes / Wound / Enteral Feeding
  - Ostomy / Colostomy / Foley / ESRD
  - Bowel / Bladder Training Program
  - 24-Hour Personalized Care
  - In-House Registered Nurse



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## ADULT FAMILY HOMES | Snohomish County

Name	Ad on page	City (sorted by)	Area	Telephone	Male / Female / Both	Alzheimer's / Dementia Care	Hospice	Medicaid / COPES
(for Bothell, please see Eastside)								
Eco's Home Care, Inc.	22	Edmonds / Brier	Meadowdale / 44th Ave W	206-786-2434	B ■ ■ ■	■ ■ ■	■ ■ ■	M
A Beautiful Place	22	Everett	Claremont	425-303-3300	B ■ ■ ■	■ ■ ■	■ ■ ■	
Everett Gold Care AFH		Everett	North	206-830-8888	B ■ ■ ■	■ ■ ■	■ ■ ■	
Premier Care Living Adult Family Home 		Everett	Pioneer Trails	425-785-5886	B ■ ■ ■	■ ■ ■	■ ■ ■	
A Beautiful Living Adult Family Home, LLC	20	Lynnwood	Lynnwood	425-971-9342	B ■ ■ ■	■ ■ ■	■ ■ ■	

See page 132 for Key • Continued on page 21





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*Your nursing home alternative*

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- Live music days • Professional activities services
- 'Eat out' days' and picnics

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Beautiful Yard & Deck

## ADULT FAMILY HOMES

**Snohomish County** continued

Name	Ad on page	City (sorted by)	Area	Telephone	Male / Female / Both	Alzheimer's / Dementia Care	Hospice	Medicaid / COPES
(for Bothell, please see Eastside)								
Westgate Siesta Home Care Inc		Lynnwood	Lynnwood / Edmonds	425-877-5764	B	■	■	M
A Holistic Adult Family Home I & II	22	Marysville / Lake Stevens	Cedarcrest / Soper Hill area	425-239-8818	B	■	■	
Cedarcrest AFH	21	Marysville	South of Cedarcrest Golf Course	360-657-1324	B	■	■	
Paradise AFH		Marysville		360-657-2750	B	■	■	■
Harbour Pointe AFH LLC / Mamo	21	Mukilteo	Whidbey Ferry	425-220-0827	B	■	■	■

See page 132 for Key

*A Beautiful PLACE*  
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"Senior Care In A Warm, Homelike Setting"



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Quality Care for  
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### 24-Hour Personalized Care

Conveniently located in  
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- Transportation
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## Holistic ADULT FAMILY HOMES

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20-years of experience  
with the full spectrum  
of geriatric diagnoses  
including, but not  
limited to, diabetes, Alzheimer's, stroke, Parkinson's,  
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24 Hour Awake Care  
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the Adult Family Home Industry  
since 1992*



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800.272.3900**

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- Connections Care Consultation
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- Advocacy and Public Policy
- Research Funding

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## 10 warning signs of alzheimer's disease

alzheimer's association®

**KNOW**the  
**10 SIGNS**  
EARLY DETECTION MATTERS

- 1 Memory loss that disrupts daily life
- 2 Challenges in planning or solving problems
- 3 Difficulty completing familiar tasks
- 4 Confusion with time or place
- 5 Trouble understanding visual images and spatial relationships
- 6 New problems with words in speaking or writing
- 7 Misplacing things and losing the ability to retrace steps
- 8 Decreased or poor judgment
- 9 Withdrawal from work or social activities

If you or someone you know experience any of these warning signs, please see a doctor. For information, call 800.272.3900 or visit [alzwa.org](http://alzwa.org).

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206.363.5500 | [alzwa.org](http://alzwa.org)

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Name	Ad on page	Telephone	City (sorted by)	Type of community	Secure, designated unit or alarm	No. of living units	Medicaid accepted	Pets allowed to stay
<b>ISLAND &amp; SAN JUAN</b> (alpha by location)								
HomePlace Special Care Center		360-279-2555	Oak Harbor	MC	secure	50	M	VS
<b>King - Eastside</b> (alpha by location)								
Aegis of Bellevue	27, Bk inside Cvr	425-298-3970	Bellevue	AL/MC	secure	18		■
Emeritus at Bellevue	27, 45	888-576-5349	Bellevue	IL/AL	secure	25		■
Gardens at Town Square, The (Era Living)	41, Bk Cover	425-688-1900	Bellevue	IL/AL/Ret	secure	25		
Patriot's Glen	35	425-373-1161	Bellevue	AL	secure	15		■
Sunrise of Bellevue	34	425-401-5152	Bellevue	AL	secure	15		■
Aegis of Bothell	27, Bk inside Cvr	425-296-3966	Bothell	AL/MC	secure	19		■
Chateau at Bothell Landing	33	425-908-0870	Bothell	IL/AL	secure/designated	27		VS
North Creek By Bonaventure	49	425-483-8927	Bothell	IL/AL	secure	23		■
Aegis of Issaquah	27, Bk inside Cvr	425-298-5983	Issaquah	AL/MC	secure	42		■
Providence Marianwood	2, 3, 89	425-391-2800	Issaquah	SNF	alarm	50	■	M
Spiritwood (Village Concepts)	57	425-313-3700	Issaquah	IL/AL	secure	16	M	■
Aegis Lodge	27, Bk inside Cvr	425-242-6328	Kirkland	AL/MC	secure	23		■
Aegis of Kirkland	27, Bk inside Cvr	425-296-0209	Kirkland	AL/MC	secure	13		■
Sunrise of Mercer Island	34	206-232-6565	Mercer Island	AL	secure	50		■
Aegis at Marymoor	27, Bk inside Cvr	425-999-4072	Redmond	AL/MC	secure	18		■
Aegis of Redmond	27, Bk inside Cvr	425-298-3980	Redmond	AL/MC	secure	15		■
Overlake Terrace Senior Living	38	425-883-0495	Redmond	IL/AL	secure/designated/alarm	55		■
<b>King - North King, Seattle City &amp; West Seattle</b> (alpha by location)								
Emeritus at Spring Estates	27, 45	888-429-0763	Kenmore	AL	secure	20	■	■
Aegis on Madison	27, Bk inside Cvr	206-701-7811	Seattle-Downtown	AL/MC	secure	27		■
Merrill Gardens at First Hill		206-624-7637	Seattle-Downtown	IL/AL	secure	23		■
Mirabella Seattle		206-254-1447	Seattle-Downtown	IL/AL/ SNF	secure/no wander	22		
The Terraces at Skyline (PRCN)		206-405-4100	Seattle-Downtown	IL/AL/ SNF	secure	16		
Aegis at Northgate	27, Bk inside Cvr	206-673-5977	Seattle-North	MC	secure	46		■
Foss Home & Village		206-364-1300	Seattle-North	SNF	secure	22	■	VS
Hearthstone, The - Memory & Continuing Care Cmty	42	206-517-2213	Seattle-North	IL/AL/ SNF	secure	14		
Ida Culver House Broadview (Era Living)	41, Bk Cover	206-368-3740	Seattle-North	IL/AL/ SNF	secure	28	■	
Aegis at Callahan House	27, Bk inside Cvr	206-452-0280	Shoreline	MC	secure	54		■
CRISTA Senior Living		877-639-3292	Shoreline	IL/AL/ SNF	secure/designated/alarm	31	M	VS
Park Ridge Skilled Nursing Center	89	206-363-5856	Shoreline	SNF	secure	14	■	
<b>King - South</b> (alpha by location)								
Auburn Meadows by Bonaventure	49	253-333-0171	Auburn	AL	secure	24		■
Wesley Homes Lea Hill	47	253-876-6000	Auburn	IL/AL	secure	16		VS
Judson Park		888-671-3085	Des Moines	IL/AL/ SNF	secure	16		■



**DEMENTIA, MEMORY  
& ALZHEIMER'S CARE****King County - South King, Kitsap, Pierce, Skagit, Whatcom,  
Snohomish, Thurston, Washington - Other Counties**

Name	Ad on page	Telephone	City (sorted by)	Type of community	Secure, designated unit or alarm	No. of living units	Medicaid accepted	Pets allowed to stay
<b>King - South (continued) (alpha by location)</b>								
Wesley Homes Health Center	47	206-824-3663	Des Moines	IL/AL/SNF	secure	148	■	VS
Emeritus at Steel Lake	27, 45	888-625-6414	Federal Way	IL/AL	secure	33	■	
Aegis of Kent	27, Bk Inside Cvr	253-341-4556	Kent	AL/MC	secure	48	■	
Weatherly Inn Kent		253-630-7496	Kent	MC	secure	65	M	■
Normandy Park	46	206-241-0821	Normandy Park	IL/AL	secure	36		
Chateau at Valley Center	33	425-243-9675	Renton	IL/AL	secure/ designated	24		VS
Providence Mount St. Vincent	2, 3, 89	206-937-3700	Seattle - West Seattle	AL/SNF	alarm	149	■	VS
<b>KITSAP (alpha by location)</b>								
Marine Courte Memory Care at Bay Pointe		360-373-9904	Bremerton	MC	secure	30	M	
Park Vista by Bonaventure	49	360-871-2323	Port Orchard	IL/AL	secure	13	■	
Emeritus at Montclair Park	27, 45	866-980-1892	Poulsbo	IL/AL	designated	24	■	■
<b>PIERCE (alpha by location)</b>								
Patriot's Landing	50	253-964-4900	DuPont	IL/AL	secure	22		
Franke Tobey Jones		253-752-6621	Tacoma	CCRC	alarm	190		
Merrill Gardens at Tacoma		253-460-5851	Tacoma	IL/AL	secure	12	■	
Tacoma Lutheran Retirement Community	50	253-752-7112	Tacoma	CCRC	alarm	22	■	
<b>SKAGIT &amp; WHATCOM (alpha by location)</b>								
Emeritus at Bellingham	27, 45	888-714-7993	Bellingham	IL/AL	secure	10	■	■
Silverado Bellingham	28	360-715-1338	Bellingham	AL	secure	74	■	
Spring Creek By Bonaventure	49	360-756-2301	Bellingham	IL/AL	secure	18	■	
HomePlace Special Care Center		360-755-7000	Burlington	MC	secure	62	■	VS
Skagit Valley Senior Village (Artegan)		360-755-5550	Burlington	IL/AL	secure	25	M	■
Where The Heart Is		360-755-8007	Burlington	AL	secure	84	M	■
<b>SNOHOMISH (alpha by location)</b>								
Aegis of Edmonds	27, Bk Inside Cvr	425-298-3961	Edmonds	AL/MC	secure	21	■	
Rosewood Courte Memory Care Community	27	425-329-6920	Edmonds	AL	secure	41		VS
Sunrise of Edmonds	34	425-673-9700	Edmonds	AL	secure	58	■	
Silverado Everett	28	425-348-8800	Everett	AL	secure	60	■	
Aegis of Lynnwood	27, Bk Inside Cvr	425-298-3960	Lynnwood	AL	secure	8	■	
Chateau Pacific	33	425-329-7655	Lynnwood	IL/AL	secure/ designated	24		VS
Emeritus at Lynnwood	27, 45	888-678-1946	Lynnwood	AL	alarm	20	■	
Quail Park of Lynnwood	58	425-640-8529	Lynnwood	AL	Secure	45	■	
Emeritus at Monroe	27, 45	888-927-9415	Monroe	IL/AL	secure	12	■	
Emeritus at Snohomish	27, 45	888-437-3173	Snohomish	AL	secure	28		
Emeritus at Stanwood	27, 45	888-882-9731	Stanwood	IL/AL	secure	12	■	
<b>THURSTON (alpha by location)</b>								
Bonaventure of Lacey	49	360-455-8500	Lacey	IL/AL	secure	36	■	





## Aegis Living

We're the people who make life better.

Every Sunday after church, Mom and Dad would take a drive in their "Sunday Best" and stop for lunch at a diner, while I stayed home with Grandma. They were a handsome couple in their cherry red, 1955 Chevy Bel Air, holding hands in the front seat. Dad would squeeze her hand three times tight as if to say 'I love you' and Mom would give him a wink. These long drives gave them cherished time together to reconnect.

Today, it is getting harder and harder for Mom and Dad to connect. Dad is forgetful, which frustrates Mom. He forgets to take his blood pressure medicine, to lock the front door and to pay the bills. Mom still wears gloves and

a hat to church but she is looking tired. The strain is apparent. The early signs of memory loss can be difficult to understand and more difficult to admit.

If you have concerns, visit Aegis Living with your parent. We are the trusted local senior care provider specializing in assisted living and memory care. We offer the finest care, given by the most committed staff. Come in for a tour and lunch with your parent. Let them experience our community filled with warmth and new friends.

Call today and we'll help you understand what memory loss is and how your parent can thrive and enjoy life at Aegis.

Aegis of Bellevue 425-298-3970 AegisofBellevue.com	Aegis of Bothell 425-298-3966 AegisofBothell.com	Aegis of Edmonds 425-298-3961 AegisofEdmonds.com	Aegis of Issaquah 425-298-5985 AegisofIssaquah.com	Aegis of Kent 253-541-4556 AegisofKent.com	Aegis of Kirkland 425-296-0209 AegisofKirkland.com
Aegis Lodge (Kirkland) 425-242-6328 AegisLodge.com	Aegis of Lynnwood 425-298-3960 AegisofLynnwood.com	Aegis at Northgate (Seattle) 206-673-5977 AegisatNorthgate.com	Aegis of Redmond 425-298-3980 AegisofRedmond.com	Aegis of Shoreline 206-452-0290 AegisofShoreline.com	Aegis at Callahan House (Shoreline) 206-452-0280 AegisatCallahanHouse.com

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Aegis at Marymoor - 425-999-4072 AegisatMarymoor.com • Aegis on Madison - 206-701-7811 AegisOnMadison.com

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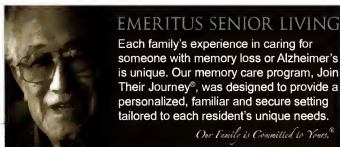
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Emeritus at Bellingham.....	888.714.7993
4415 Columbine Drive • Bellingham, WA 98226	
Emeritus at Steel Lake.....	888.625.6414
31200 23rd Avenue South • Federal Way, WA 98003	
Emeritus at Spring Estates.....	888.429.0763
7221 NE 182nd Street • Kenmore, WA 98028	
Emeritus at Lynnwood.....	888.678.1946
18625 60th Avenue West • Lynnwood, WA 98037	
Emeritus at Monroe.....	888.927.9415
15465 179th Avenue SE • Monroe, WA 98272	
Emeritus at Stanwood.....	888.882.9731
7212 265th Street NW • Stanwood, WA 98292	
Emeritus at Snohomish.....	888.437.3173
1124 Pine Avenue • Snohomish, WA 98290	
Emeritus at Orchards Village.....	888.928.0967
10011 NE 118th Avenue • Vancouver, WA 98662	

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memory care | communities  
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family homes  
specializing in  
and excelling  
in the care of  
residents with  
memory loss

Call CHOICE for  
FREE assistance

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# TYPES OF SENIOR HOUSING & CARE OPTIONS

**There are six main types of housing and care options.** Each one is broadly defined below. There are always variations within each type and sometimes a blurring of the lines between them.

## In-Home Care

Most of us will prefer staying in our homes for as long as possible, putting off making a move to a senior housing or care-type community. The majority of reasons to move to a retirement or care community revolve around the upkeep of the family home. Thankfully, there are many companies perfectly positioned to support you.

## Retirement/Independent Living

This option offers the best of both worlds; you have your own space yet live within the framework of a larger community. Depending on the building, some services like meals or transportation may be offered and you always have the option of hiring your own in-home care assistance if you need it. It is also possible that a retirement community will offer assisted living care, making the accommodation of future needs simpler. From the family's point-of-view, there's the added comfort of knowing that their family member is in an environment where there is staff or security on-duty 24-hours a day and where social opportunities exist.

## Continuing Care Retirement Community (CCRC)

CCRCs offer the range of care that will allow you to remain in the same community if and when your care needs change. CCRCs typically offer independent and assisted living, and traditionally also offer skilled nursing care. Additionally, home care and even memory care services are available in some CCRCs.

## Assisted Living

In an assisted living community, caregivers provide assistance with the "activities of daily living" or ADLs. These include things like bathing, dressing, toileting, medication reminders and help with getting to meals and activities. When making your selection of a community, be certain to get all your questions answered and be aware of what services the care community does and does not offer. As in a retirement community, each individual typically has an apartment of their own. The apartments may not provide a full kitchen but rather a kitchenette. Meals are served in a social setting, much like a restaurant. Most communities offer tray service to your room if you're not wanting to or not feeling up to going to the dining room.

## Skilled Nursing Facilities (Also known as Nursing Homes or Rehabilitation Facilities)

These communities offer the highest level of nursing care. As improvements in therapies and rehab occur, the length of stay in a skilled nursing facility is decreasing to only a short number of days or weeks. A small number of people live long-term in skilled nursing, yet it is becoming rare to do so.

## Adult Family Home

An Adult Family Home most closely resembles a single-family home. A state agency licenses and monitors these care homes. Each home can serve two to six individuals; the staff-to-client ratio is typically 1-to-6 or 2-to-6. This type of community is able to offer the most home-like environment, the most daily interaction between residents and offers the older adult a wide range of choices in home styles, from very simple and homey to elegant. ■

**Call CHOICE at 800-361-0138 for FREE assistance. We've been helping people make successful moves to senior housing & care since 1993. With over twenty-years of experience, you can find a strong advocate at CHOICE to help you.**

## REFERRAL AGENTS KNOW THE OPTIONS YOU'LL WANT TO CONSIDER


**Enlist the help of a trusted senior housing and care referral agent to define senior housing & care options in your preferred geographic area.**

With over sixty referral agencies serving the Greater Puget Sound, these caring individuals are ready to give clarity to your search.

We are fortunate to have an abundance of senior living and care options in our area. A referral agent simplifies and supports you in your decision-making process by narrowing down the options to two or three locations which meet your overall preferences.

There is no cost to you to access the help of a referral agent; their work is funded by the senior housing and care industry. A referral agent's role is to make introductions to senior living and care providers which offer programs, services and pricing in alignment with what you are seeking.

Consider working with a referral agent with professional credentialing, industry experience and support from an office with a stellar reputation for service. Call any of the referral professionals listed here, or for a more comprehensive listing of referral agencies, **visit [www.Care-Advisor.com](http://www.Care-Advisor.com)**



Quality advisors possess listening and communication skills which allow them to be empathetic yet effective in supporting families in transition. Experienced advisors have assisted thousands of older adults and their families to make these important decisions.

Professional senior housing and care advisors obtain and maintain credentialing as Certified Senior Advisors®, members of the Society of Certified Senior Advisors, accredited by The National Commission for Certifying Agencies. Advisors adhere to the ethics and standards of this professional certification. ■

## REFERRAL & PLACEMENT AGENCIES

Name	Ad on Page	Phone	Clark	Island / San Juan	King	Kitsap	Pierce	Skagit	Snohomish	Thurston	Whatcom	Oregon
A Caring Heart Senior Housing Referral Service		(360) 608-8177	■									
A Change is Afoot, Inc. - Senior Housing Consultants		(425) 577-2929			■	■	■	■	■			
CHOICE Advisory Services	31	(800) 361-0138		■	■	■	■	■	■	■	■	
CHOICE Senior Services of Oregon and SW WA		(800) 757-0921	■									■
Silver Age LLC Housing and Care Referrals		(206) 669-7191			■		■		■			
The Right Place-Senior Options, LLC		(206) 604-5571			■				■			

## FREE help finding housing & care for the later stages of life



### **Independent / Assisted Living • Adult Family Homes Memory Care • In-home Care**

**It's time to call CHOICE Housing & Care Advisors:**

- When home is no longer a practical or safe option
- When health is suffering from poor nutrition or missed medications
- When social isolation leads to boredom and depression
- When family and friends are voicing concerns
- Before a crisis forces change

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Snohomish, Thurston and Whatcom Counties**

**CHOICE HOUSING &  
CARE ADVISORS**



# RETIREMENT & ASSISTED LIVING COMMUNITIES

## Island / San Juan King County - Eastside

Name	Ad on page	Location	Telephone	Total number of units	Retirement Living	Assisted Living	Alzheimer's-type care	Skilled Nursing	Studios & Alcoves	1BR	2BR+	Pets	Medicaid / COPES
<b>Island / San Juan Counties</b> (alpha by location)													
Maple Ridge by Bonaventure	49	Maple Ridge	360-331-1303	75	■	■		■	■		■		
Harbor Tower Village, Inc. (Village Concepts)	57	Oak Harbor	360-675-2569	36	■	■		■	■		■	M	
Regency on Whidbey		Oak Harbor	360-279-0933	143	■	■	■	■	■	■	■	M	
<b>King County - Eastside</b> (alpha by location)													
Aegis of Bellevue	Bk Inside Cover	Bellevue	425-298-3970	86	■	■		■	■	■	■		
Belletini, The (Leisure Care)	34	Bellevue	425-450-0800	145	■	■			■	■	■		
Crossroads Retirement Center		Bellevue	425-641-4900	104	■	■			■	■		M	■
Emeritus at Bellevue	45	Bellevue	888-576-5349	117	■	■	■		■	■	■	■	
Evergreen Court	35	Bellevue	425-455-4333	84	■	■			■	■	■	■	■
Gardens at Town Square, The (Era Living)	41, Back Cover	Bellevue	425-688-1900	167	■	■	■		■	■	■	■	
Patriot's Glen	35	Bellevue	425-373-1161	68		■	■		■	■		■	
Sunrise of Bellevue	34	Bellevue	425-401-5152	84	M	■	■		■	■	■		
Aegis of Bothell	Bk Inside Cover	Bothell	425-296-3966	49		■	■		■	■		■	
Chateau at Bothell Landing	33	Bothell	425-908-0870	171	■	■	■		■	■	■	■	
North Creek by Bonaventure	49	Bothell	425-483-8927	142	■	■	■		■	■	■	■	
Riverside East (Village Concepts)	57	Bothell	425-481-1976	58	■	■			■	■	■	■	
Aegis of Issaquah	Bk Inside Cover	Issaquah	425-298-5983	93		■	■		■			■	
Bellewood - A "Life Minded" Residence		Issaquah	425-391-2880	133	■				■	■	■	■	
Spiritwood at Pine Lake (Village Concepts)	57	Issaquah	425-313-9100	92	■	■	■		■	■	■	■	■
University House Issaquah (Era Living)	41, Back Cover	Issaquah	425-557-4200	185	■	■	■		■	■	■	■	
Aegis Lodge	Bk Inside Cover	Kirkland	425-242-6328	86		■	■		■	■	■	■	
Aegis of Kirkland	Bk Inside Cover	Kirkland	425-296-0209	50		■	■		■	■	■	■	



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It all began with the vision of Jim Godfrey, the founder of Chateau Retirement Communities. He started the family tradition of caring and changing the world by helping others.

When you begin with respect and compassion, people feel it. Our residents value the honest interactions and caring that comes across from each of our team members.



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**Chateau Pacific  
in Lynnwood**  
(425) 329-7655

**Chateau Valley Center  
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COPS is now attended by many diverse disciplines from Vendors, Case Managers, Agencies, Care Providers and Housing Companies.

Our purpose for meeting is to build relationships, share knowledge of our services and to facilitate patient advocacy, support and communication.

COPS meet on Odd months on the 3rd Wednesday at Bellevue Maggiano's. Guest speakers are provided for professional development.

For further information, call **425-260-5736**  
[www.BellevueCOPS.com](http://www.BellevueCOPS.com)

# RETIREMENT & ASSISTED LIVING COMMUNITIES

## King County - Eastside - continued King - North King & Seattle City

Name	Ad on page	Location	Telephone	Total number of units	Retirement Living	Assisted Living	Alzheimer's-type care	Skilled Nursing	Studios & Alcoves	1BR	2BR+	Pets	Medicaid / COPEs
<b>King County - Eastside</b> (continued - alpha by location)													
Emeritus at Kirkland	45	Kirkland	877-590-1657	75	■	■		■	■		■		
Gardens at Juanita Bay, The		Kirkland	425-823-0410	48	■	■	■	■				V	■
Madison House Retirement & Assisted Living Community	38	Kirkland	425-821-8210	147	■	■		■	■	■	■		
Merrill Gardens at Kirkland		Kirkland	425-828-2570	115	■	■		■	■	■	■		
Aljoia, Mercer Island (Era Living), CCRC	41, Bk Cover	Mercer Island	206-230-0150	114	■	■	■	■	■	■	■		
Covenant Shores Retirement Community	39	Mercer Island	206-268-3000	298	■	■	■	■	■	■	■		
Island House, A Merrill Gardens Community		Mercer Island	206-236-0502	79	■	■		■	■	■	■		
Sunrise of Mercer Island	34	Mercer Island	206-232-6565	50		■	■	■	■		■		
Regency Newcastle (Regency Pacific)		Newcastle	425-453-1508	99	■	■		■	■	■	■		
Red Oak Residence of North Bend	39	North Bend	425-888-7108	50	■	■		■	■	■	■		
Aegis at Marymoor	Bk Inside Cover	Redmond	425-999-4072	64		■	■	■	■		■		
Aegis of Redmond	Bk Inside Cover	Redmond	425-298-3980	48		■	■	■	■		■		
Fairwinds Redmond (Leisure Care)	34	Redmond	425-558-4700	143	■	■		■	■	■	■		
Overlake Terrace Assisted Living	38	Redmond	425-883-0495	109	■	■	■	■	■	■	■		
Peters Creek Retirement, Assisted Living (Regency Pacific)		Redmond	425-869-2273	66	■	■		■	■		■	■	
Redmond Heights Senior Living	39	Redmond	425-885-4157	97	■	■	■	■	■		■		
Fairwinds Brittany Park (Leisure Care)	34	Woodinville	425-402-7100	205	■	■		■	■	■	■		
The Creekside, A Merrill Gardens Community		Woodinville	425-483-7953	91	■	■		■	■	■	■		
<b>King - North King &amp; Seattle City</b> (alpha by location)													
Emeritus at Spring Estates	45	Kenmore	888-429-0763	72		■	■		■	■	■	■	■
Aegis on Madison	Bk Inside Cover	Seattle-Downtown	206-701-7811	102		■	■		■		■		
Bayview Retirement, CCRC	37	Seattle-Downtown	206-284-7330	172	■	■	■		■	■	■		
Emeritus at Queen Anne	45	Seattle-Downtown	888-928-1229	194	■	■		■	■	■	■		
Exeter House 206-215-1398 (PRCN)		Seattle-Downtown	206-622-1300	103	■	■		■	■	■	■		

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[www.CovenantShores.org](http://www.CovenantShores.org)

# RETIREMENT & ASSISTED LIVING COMMUNITIES

## King - North King & Seattle City - continued

Name	Ad on page	Location	Telephone	Total number of units	Retirement Living	Assisted Living	Alzheimer's-type care	Skilled Nursing	Studios & Alcoves	1BR	2BR+	Pets	Medicaid / COPIES
<b>King - North King &amp; Seattle City (continued - alpha by location)</b>													
Merrill Gardens at First Hill		Seattle- Downtown	206-624-7637	100	■	■	■	■	■	■	■	■	
Fred Lind Manor		Seattle- Downtown	206-324-1632	82	■	■			■	■	■	■	
Horizon House, CCRC		Seattle- Downtown	206-382-3100	474	■	■	■		■	■	■	V	
Mirabella Seattle, CCRC		Seattle- Downtown	206-254-1441	365	■	■	■		■	■	■		
Park Shore Retirement Community (PRCN), CCRC		Seattle- Downtown	206-329-0770	177	■	■		■	■	■	■	■	■
Providence Heritage House at the Market	2, 3	Seattle- Downtown	206-382-4119	62		■			■	■		■	■
Skyline at First Hill		Seattle- Downtown	206-405-4100	199	■	■	■	■		■	■	■	
Aljoia Thornton Place (Era Living), CCRC	41, Back Cover	Seattle- North	206-306-7920	143	■	■		■	■	■	■	■	
Ballard Landmark, GenCare Lifestyle		Seattle- North	206-782-4000	146	■	■			■	■	■	■	
Emeritus at Northgate on 15th	45	Seattle- North	888-928-0073	122	■	■			■	■		■	
Foss Home and Village		Seattle- North	206-364-1300	260		■	■	■	■			■	■
Foundation House at Northgate		Seattle- North	206-361-2758	104	■	■			■	■	■		
Hearthstone, The, CCRC	42	Seattle- North	206-517-2213	205	■	■	■	■	■	■	■		
Ida Culver House, Broadview (Era Living)	41, Back Cover	Seattle- North	206-361-1989	245	■	■	■	■	■	■	■	■	■
Ida Culver House, Ravenna (Era Living)	41, Back Cover	Seattle- North	206-523-7315	90	■	■			■	■	■	■	
Merrill Gardens at The University		Seattle- North	206-523-8400	123	■	■			■	■	■	■	
Northgate Plaza, A Merrill Gardens Community		Seattle- North	206-363-6740	118	■	■			■	■	■	■	
Norse Home	42	Seattle- North	206-781-7400	132	■	■			■	■	■		
Stratford at Maple Leaf, The		Seattle- North	206-729-1200	119	■	■	■		■	■	■	■	
Terraces at Skyline, The (PRCN)		Seattle- North	206-405-4100	110		■	■	■	■	■		■	
University House, Wallingford (Era Living)	41, Back Cover	Seattle- North	206-545-8400	146	■	■				■	■	■	
Aegis of Shoreline	Bk Inside Cover	Shoreline	206-452-0290	102		■			■	■	■	■	
CRISTA Senior Living		Shoreline	877-639-3292	352	■	■	■	■	■	■	■	M	
Plaza at Anderson House, The	42	Shoreline	206-364-9336	90	■	■			■	■		■	

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**The Gardens at Town Square  
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"Basically, we're a mom-and-pop organization," said Andy Anderson, CEO, who manages the Anderson House campus along with his sister, Pam Matisko. "We are here every day and we care. That's what makes us unique."

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## THE REAL BENEFITS OF ASSISTED LIVING

**When considering a move to an assisted living community**, there are many benefits that may not be clear. We know about increased safety, having friends close, activities, transportation to the doctor; yet, the real benefits become clear after a few months of residence. Many times, making a move requires thinking in terms of trade-offs; sometimes you need to give something up in order to gain something else.

**Safety** If someone is frail, visually impaired or unsteady on their feet, living with others can serve as a safety net. There are people around to help them walk, be another set of eyes, or help them up from a chair. If they have an accident or emergency, many communities have emergency response systems in each apartment, or the resident is given an alert pendant to wear to call for help.

**Friends** Losing friends is an inevitable part of aging. Assisted living provides a constant source of friendship. Even those who claim to be loners will benefit from the mere presence of other people. Conversation, social activity and the opportunity to

enjoy festive occasions all bring quality of life to residents.

**Nutrition** As we age it becomes harder to shop for groceries and prepare nutritious meals, and cooking for one person becomes challenging. Most assisted living communities offer at least one, if not all three meals daily, many with a variety of mealtimes and menu choices. Being well-nourished and hydrated will improve health.

**Healthcare** Though the scheduled hours and professional qualifications of the nursing staff varies, all assisted living communities have a wellness or health care program. A nurse likely oversees the health care needs of the residents. A partnership between the nurse, the resident and his or her physician will form the crucial triangle of care that will be of enormous benefit to all involved, especially the family members.

Housekeeping Seniors living at home alone often begin to skip the housekeeping tasks they can no longer do well, like cleaning out the refrigerator, vacuuming, or yard work. Safety also becomes an issue in a home that is cluttered or unsanitary. In assisted living, the beds are made, the fridge will be cleaned, light bulbs changed and the floors vacuumed.

**Transportation** Driving, while often seen as a sign of independence by the elderly, can present a danger to the older adults and to others. Many communities offer transportation to doctors' appointments, shopping, recreation and even visiting friends. Many residents find that by giving up their car frees up money from all the car-related expenses and they may even get out more often.

**Family Roles Restored** Moving to assisted living allows a wife who has been acting as a care giver or nurse to her husband, can get back to being a wife. A daughter who has put the needs of her own children on hold to care for her failing parents will be able to resume the role of mother and her role as daughter. A priceless value of assisted living communities is that they allow us to advocate for our parents while letting the trained staff do the professional work. ■

# RETIREMENT & ASSISTED LIVING COMMUNITIES

## King - South & West Seattle

Name	Ad on page	Location	Telephone	Total number of units	Retirement Living	Assisted Living	Alzheimer's-type care	Skilled Nursing	Studios & Alcoves	1BR	2BR+	Pets	Medicaid / COPES
<b>King - South &amp; West Seattle</b> (alpha by location)													
Parkside Retirement Community	47	Auburn	253-939-1332	96	■	■		■	■			M	■
Wesley Homes Lea Hill	47	Auburn	253-876-6000	175	■	■	■		■	■	■	■	
El Dorado West (Village Concepts)	57	Burien	206-248-1975	68	■	■			■	■		■	M
Judson Park, CCRC		Des Moines	888-671-3085	309	■	■	■	■	■	■	■	■	M
Wesley Homes Des Moines	47	Des Moines	206-824-5000	340	■	■	■	■	■	■	■	■	
High Point Village (Village Concepts)	57	Enumclaw	360-825-7780	47	■	■			■	■		■	M
Emeritus at Federal Way	45	Federal Way	877-467-9830	98	■	■			■	■		■	■
Emeritus at Steel Lake	45	Federal Way	888-625-6414	54	■	■	■		■	■	■	■	
Village Green Retirement Campus	46	Federal Way	253-838-3700	164	■	■			■	■	■	■	
Farrington Court		Kent	253-852-2737	121	■	■			■	■	■	■	
Radcliffe Place Senior Community	10	Kent	253-631-8505	134	■				■	■	■	■	
Fountain Court Senior Living		Maple Valley	425-432-3352	65	■	■			■	■	■	■	■
Normandy Park Senior Living	46	Normandy Park	206-241-0821	85		■	■		■	■	■	■	■
Chateau at Valley Center	33	Renton	425-243-9675	127	■	■	■		■	■	■	M	
Lakeshore, The (Era Living)	41, Back Cover	Renton	206-772-1200	158	■	■			■	■	■	■	
Merrill Gardens at Renton Centre		Renton	425-235-6400	154	■	■			■	■	■	■	
Emeritus at Renton	45	Renton	877-592-7108	80	■	■			■	■		■	■
Florence of Seattle		Seattle	206-767-3137 x1	14		■	■		■			M	M
Park Place Retirement and Assisted Living	46	Seattle-South	206-722-7275	154	■	■			■	■	■	■	■
Emeritus at Admiral Heights	45	West Seattle	888-716-3212	76	■	■			■	■		■	
Emeritus at West Seattle	45	West Seattle	888-705-1151	81	■	■			■	■	■	■	
Daystar Retirement Village	46	West Seattle	206-937-6122	110	■	■			■	■	■	■	
Kenney, The	47	West Seattle	206-937-2800	180	■	■	■	■	■	■	■	■	
Providence Mount St. Vincent	2, 3, 89	West Seattle	206-937-3700	109		■	M	■	■	■	■		



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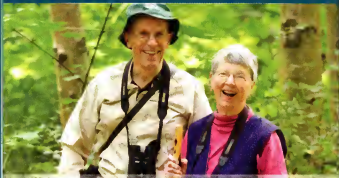
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# RETIREMENT & ASSISTED LIVING COMMUNITIES

## Kitsap County Pierce / Mason / Thurston Counties

Name	Ad on page	Location	Telephone	Total number of units	Retirement Living	Assisted Living	Alzheimer's-type care	Skilled Nursing	Studios & Alcoves	1BR	2BR+	Pets	Medicaid / COPIES
<b>Kitsap County</b> (continued - alpha by location)													
Bay Pointe Retirement		Bremerton	360-373-9904	73	■	■	■		■	■	■	■	M
Emeritus at Montclair Park	45	Poulsbo	866-980-1892	109	■	■	■		■	■	■	■	
Park Vista by Bonaventure	49	Port Orchard	360-871-2323	139	■	■	■		■	■	■	■	
<b>Pierce / Mason / Thurston Counties</b> (alpha by location)													
Cedar Ridge by Bonaventure	49	Bonney Lake	253-299-6461	123	■	■			■	■	■	■	
Patriot's Landing	50	DuPont	877-964-4900	182	■	■	■		■	■	■	■	
Emeritus at Gig Harbor	45	Gig Harbor	888-702-9564	78	■	■			■	■	■	■	
Sound Vista Village (Village Concepts)	57	Gig Harbor	253-851-9929	35	■	■			■	■		■	M
Bonaventure of Lacey	49	Lacey	360-455-8500	212	■	■	■			■	■	■	
Woodland by Bonaventure	49	Lacey	360-528-3253	150	■	■			■	■	■	■	
Mill Ridge Village (Village Concepts)	57	Milton	253-925-9200	84	■	■			■	■	■	■	M
Emeritus at Olympia	45	Olympia	888-929-1713	79	■	■			■	■	■	■	
Emeritus at The Courtyard	45	Puyallup	888-799-4116	101	■	■			■	■	■	■	
Emeritus at Puyallup	45	Puyallup	888-713-3068	96	■	■			■	■	■	■	
Silver Creek by Bonaventure	49	Puyallup	253-875-8644	138	■	■			■	■	■	■	
Maple Glen (Artegan)		Shelton	360-427-0300	54		■			■	■	■	■	M
Franklin Place		Sumner	253-891-3569	48		■			■	■		■	
Alder Ridge (Village Concepts) - Under construction	57	Tacoma	253-878-5665	54									
Franke Tobey Jones		Tacoma	253-752-6621	190	■	■	■	■	■	■	■	■	
King's Manor		Tacoma	253-538-7222	64		■			■	■		■	M
Merrill Gardens at Tacoma		Tacoma	253-460-5851	146	■	■	■		■	■	■	■	
Peoples Retirement Community		Tacoma	253-474-1741	99	■	■	■		■	■	■	■	
Tacoma Lutheran Retirement Community	50	Tacoma	253-752-7112	186	■	■	■	■	■	■			
Rosemont by Bonaventure	49	Yelm	360-458-1800	87	■	■			■	■	■	■	

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## 12 WAYS SENIORS CAN GET IN SHAPE

**Few things are more important to your health than exercise.** A big problem is that many seniors find themselves able to do fewer physical activities. Frustration leads to less activity, further senior health problems, and for some, immobility. But it doesn't have to be that way.

Seniors have dozens of exercise options, many of which are non-traditional, low-impact, limit stress on the body and risk of injury. Whatever activities you want to take part in, the most important thing is that it is interesting and engaging.

### 12 Great Exercise Options

- 1. Take up dancing.** Dancing helps improve gait and balance and could help prevent dangerous injuries from falls. Dancing has cardiovascular benefits, improves coordination and balance, and lets you meet others who enjoy similar activities.
- 2. Become a Zen master.** Participating in low-impact exercise classes, such as tai chi or yoga, can help improve strength, balance, and coordination and reduce stress.
- 3. Hit the links.** Golf is a great game for those who want to get back to nature in a fun way.
- 4. Go for a swim.** There are very few things that are healthier and more low-impact than a relaxing dip in the pool. And you don't have to just swim laps; water aerobics and aqua jogging are great for low-impact

exercise and socialization.

- 5. Garden on your patio.** If you love to garden, but your joints scream from all that bending, you can still get your green-thumb fun by creating a garden of raised pots and containers on your deck or patio. Raising tomatoes or herbs in pots can be a nice mixture of fun and a great way of creating a healthy meal.
- 6. Go window shopping.** Walking is a good option... but the local mall makes for a perfect place for a variety of great walking opportunities in one convenient location. Walking in an air-conditioned mall provides a cooler environment, keeps you out of the weather, and also provides a safe environment. Many malls open their doors early in the morning before the stores open specifically for mall walkers.
- 7. Weight-train with groceries.** Lifting weights doesn't have to be at a gym! Use items in your pantry or refrigerator to pump some iron. Use canned vegetables or a half-gallon milk jug to do bicep curls, tricep kickbacks, and some overhead pushes to work those shoulder muscles. You can also do some lower body work with nothing more than a chair; while seated, extend your lower legs out and up, so that the leg is fully extended, and lower it back down.
- 8. Dust off the bike.** If you do feel like being outdoors, cycling is a fantastic way to exercise in a low-impact fashion. It's a great cardiovascular workout, and it improves balance by focusing the work on your leg muscles.
- 9. Make child's play of exercise.** One of the easiest and most fun ways to get exercise is to chase the grandkids around. Enjoy a day in the park with grandkids. It's an uplifting experience and a great way to get exercise without even thinking about it.
- 10. Head to the alley.** Bowling is another excellent sport. And it doesn't matter if you're in a bowling alley or using an interactive video game like the Wii, it's a competitive activity that people of all skills and physical levels can enjoy.
- 11. Try a Wii.** This handy gaming console from Nintendo offers all kinds of great ways to stay active and fit. There are quite a number of games, like tennis, bowling, yoga, skiing, that are available to provide you with fun exercises.
- 12. Do Your Chores.** Finally, making an exercise routine out of your usual household chores can help to keep you active every day. The simplest tasks around the house like laundry, walking up and down stairs, and vacuuming not only need to be done, but also constitute exercise and are productive at the same time. ■

# RETIREMENT & ASSISTED LIVING COMMUNITIES

## Skagit / Whatcom Counties Snohomish County

Name	Ad on page	Location	Telephone	Total number of units	Retirement Living	Assisted Living	Alzheimer's-type care	Skilled Nursing	Studios & Alcoves	1BR	2BR+	Pets	Medicaid / COPEs
<b>Skagit / Whatcom Counties</b> (alpha by location)				Bothell: see King - Eastside grids									
Emeritus at Bellingham	45	Bellingham	888-714-7993	100	■	■	■	■	■	■	■	■	■
Emeritus at Fairhaven	45	Bellingham	877-464-4260	50	■	■		■				■	■
The Leopold		Bellingham	360-733-3500	91	■	■		■	■	■	■		
Spring Creek by Bonaventure	49	Bellingham	360-756-2301	169	■	■	■			■	■	■	
Skagit Valley Senior Village		Burlington	360-755-5550	193	■	■	■	■	■	■	■		
Country Meadow Village (Village Concepts)	57	Sedro-Woolley	360-856-0404	87	■	■			■	■	■	■	M
<b>Snohomish County</b> (alpha by location)				Bothell: see King - Eastside grids									
Olympic Place by Bonaventure	49	Arlington	360-435-8440	108	■	■			■	■	■	■	
Aegis of Edmonds	Bk Inside Cover	Edmonds	425-298-3961	66		■	■		■	■		■	
Edmonds Landing Gracious Retirement & Assisted Living	54	Edmonds	425-744-1181	83	■	■			■	■		■	
Sunrise of Edmonds	34	Edmonds	425-673-9700	66		■	■		■	■		■	
Bethany at Silver Crest		Everett	425-385-2335	53		■			■	■		■	■
Emeritus at Seabrook	45	Everett	877-465-0618	60	■	■			■	■		■	■
Emeritus at Silver Lake	45	Everett	877-469-2390	101	■	■			■	■	■	■	■
Garden Court Retirement Community	53	Everett	425-438-9080	148	■	■			■	■	■	■	
Sunrise View Retirement / Assisted Living	54	Everett	425-353-4040	57	■	■		■	■	■		■	■
Washington Oakes (Leisure Care)	34, 54	Everett	425-339-3300	152	■	■			■	■	■	■	
GenCare Lifestyle, The Village at Granite Falls		Granite Falls	360-691-1777	62	■				■	■	■	■	
Aegis of Lynnwood	Bk Inside Cover	Lynnwood	425-298-3960	43		■				■		■	
Chateau Pacific	33	Lynnwood	425-329-7655	130	■	■	■		■	■	■	■	
Emeritus at Lynnwood	45	Lynnwood	888-678-1946	60		■	■		■			■	



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**Willow Gardens**  
Puyallup | 253-848-4430

# RETIREMENT & ASSISTED LIVING COMMUNITIES

## Snohomish County – continued Other Counties

Name	Ad on page	Location	Telephone	Total number of units	Retirement Living	Assisted Living	Alzheimer's-type care	Skilled Nursing	Studios & Alcoves	1BR	2BR+	Pets	Medicaid / COPES
<b>Snohomish County (continued)</b>													
Fairwinds Brighton Court (Leisure Care)	34	Lynnwood	425-775-4440	182	■	■		■	■	■	■		
GenCare Lifestyle at Scriber Gardens		Lynnwood	425-673-7111	70	■	■		■	■	■	■		
Quail Park of Lynnwood	58	Lynnwood	425-640-8529	130	■	■	■	■	■	■	■		
Emeritus at Marysville	45	Marysville	888-904-3591	70	■	■		■	■		■		
Grandview Village (Village Concepts)	57	Marysville	360-653-2223	52	■	■		■	■	■	■		M
Emeritus at Mill Creek	45	Mill Creek	888-928-1521	203	■	■		■	■	■	■		
Emeritus at Monroe	45	Monroe	888-927-9415	128	■	■	■	■	■	■	■		
Mountlake Terrace Plaza, A Merrill Gardens Community		Mountlake Terrace	425-672-4673	80	■	■		■	■	■	■		
Harbour Pointe Retirement & Assisted Living Center		Mukilteo	425-493-8555	107	■	■		■	■	■	■		
Emeritus at Snohomish	45	Snohomish	888-437-3173	84		■	■	■				■	
Emeritus at Stanwood	45	Stanwood	888-882-9731	113	■	■	■	■	■	■	■		
Warm Beach Senior Community, CCRC		Stanwood	800-652-6302	201	■	■	M	■	■	■	■	■	
<b>Other Counties (alpha by location)</b>													
Bonaventure of East Wenatchee	49	East Wenatchee	509-881-2093	198	■	■	■	■	■	■	■		
Channel Point Village (Village Concepts)	57	Hoquiam	360-532-9000	86	■	■		■	■			■	M
Emeritus at Harbour Pointe Shores	45	Ocean Shores	877-465-0541	49	■	■		■				■	■
Park View Villas (Village Concepts)	57	Port Angeles	360-452-7222	87	■	■		■	■	■	■	■	M
Seaport Landing by Bonaventure	49	Port Townsend	360-379-9376	120	■	■		■	■	■	■		
Riverton by Bonaventure	49	Richland	509-628-0221	164	■	■			■	■	■		
Emeritus at Orchards Village	45	Vancouver	888-928-0967	107	■	■	■	■	■	■	■		
Columbia Heights by Bonaventure	49	Wenatchee	509-662-8646	136	■	■		■	■	■	■		



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High Point Village  
Enumclaw, WA  
360/825-7780

Sound Vista Village  
Gig Harbor, WA  
253/851-9929

Channel Point Village  
Hoquiam, WA  
360/532-9000

Spiritwood at Pine Lake  
Issaquah, WA  
425/313-9100

Grandview Village  
Marysville, WA  
360/653-2223

Alder Ridge\*  
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Mill Ridge Village  
Milton, WA  
253/925-9200

Harbor Tower Village  
Oak Harbor, WA  
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Pioneer Village\*  
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CHOICE

HOUSING AND CARE REFERRAL SERVICE



**Please note:** This article is not intended for older adults with memory loss concerns. Trying to have a logic-based discussion with someone with dementia is not likely to yield a favorable outcome. You may be in need of professional assistance if your parent suffers from memory loss.

- If your eyesight got bad enough that you couldn't drive anymore, how would you want to handle your transportation needs? Grocery shopping? Doctor's appointments?
- If you weren't feeling safe living alone anymore, what would you like me to do?
- If I noticed that you weren't eating well and were having difficulty preparing your own meals, what would you suggest we do?

## HOW TO START THE CONVERSATION WITH YOUR PARENTS

**The best way to start the conversation about changes or concerns with a parent with physical frailties is to just start talking.** The sooner the better. Understandably, some of the conversations may not be comfortable; they'll encompass some situations you'd rather not think about. But... this is important stuff. Let your parents know that you're as uncomfortable as they are, but getting their input now will make your life immeasurably less stressful later. Begin your conversation with the explanation that you need to have an honest and open discussion and that you value their input. Try these examples as conversation starters.

Begin your conversation with the ground-rules that you need to have an honest and open discussion and that you value their input.

Try these examples as conversation starters.

- If you weren't able to do your laundry anymore, what would you want to see happen?

Many times, a parent isn't going to want to admit that they've noticed changes in their abilities; no one likes to admit they're incapable of doing something they used to be able to do. A good way to get them on your wave-length would be to use the conversation starters mentioned above but couched in a different way... e.g. If you saw that Grandma couldn't do her laundry... If you saw that Grandpa wasn't safe living at home anymore... This could put the conversation in a tone that shows your concern is about their well-being and safety, not about control. It can also create that common bond about caring for a loved one.

Getting your parent's input may require multiple conversations. You'll need to gauge their reactions and answers to know if you're getting "the real scoop" as opposed to when they're trying to buffer their responses so that they don't feel like they're burdening you.

These conversations should include your input as well. You'll need to be just as open and honest as you're asking your parents to be. You need to be prepared to discuss just how much you are willing to do in your role as a care giver. Could you bathe your father? Could you cook your mother's dinner

every night? What if incontinence is an issue, would you be able to manage this? What are your time limitations?

Your parents may not share your views, but their ideas are just as valid. Calmly discussing these issues will let you both hear the other's point-of-view. Remember that people learn a lot from failure. If they decide they want to be left on their own, then you need to consider allowing them to do that, after all, they did with you when you were young. Keep watching for the moment when you can open the subject up again.

### Here are some of signs that families who have seniors living alone should be watching for:

- **Is your parent talking about the possibility of a future move?** This could mean they're open to the idea or have noticed a limitation in themselves.
- **Do they have difficulty walking or are they unsteady on their feet.** Falls lead to serious injuries; undetected falls can be life-threatening. Talk to your parents about a move or an alarm bracelet/pendant.
- **Changes in appetite or weight loss.** Seniors tend to eat smaller amounts, but not eating and drinking are warning signs. An unexplained weight loss is a clear indicator that a doctor should be consulted.
- **Reluctance to socialize.** Memory loss and hearing loss are two major reasons that seniors "self-isolate". Not being able to hear or follow a conversation makes them feel out-of-step so they keep to themselves rather than pointing out the fact that they're having a problem.
- **Difficulty concentrating.** This can be a normal part of aging but needs to be watched especially if it leads to an injury due to poor judgment.
- **Medication errors and skipping medication doses.** Many medications rely on a steady amount being present in the body to be effective. Missing doses or doubling doses can cause serious complications.
- **Unopened mail.** This can be a sign of depression or memory issues or fatigue or medication interactions. This can lead to financial problems

as well as legal issues.

- **Lack of food in the home.** Aging and failing eyesight seem to go hand-in-hand. Lack of adequate food could be a transportation issue. Lack of proper food or spoiled food could be an eyesight issue.
- **Poor grooming could be a symptom of poor health or poor eyesight.** Also take notice of how their clothing is kept and if dishes are washed and stored.
- **Poor driving.** Failing eyesight, poor judgment, frequent "fender-benders" all point to a difficult decision... giving up the car.
- **Personality changes could be a health issue or a mental issue.** Some medications or bladder infections can affect the personality.

Keep your parents as involved as they can be in all the decisions that need to be made. This goes a long way in helping them accept and adjust to their changing world. And you're never alone in supporting your parents; there are many agencies and groups that are out there to provide you with support, too. ■

**Call CHOICE to arrange a phone conversation or a personal visit from a Housing & Care Advisor.** Whether a move is due now or in the future, CHOICE can help you know what options exist in our community. This service is provided free-of-charge to older adults and their families. **Call 800-361-0138 for free assistance.**





This document is intended for educational purposes and **is not legal advice**. CHOICE Advisory Services, Inc. and its employees and representatives are held harmless for any injury, loss or harm which may occur as a result of interpreting information (or lack of information) contained within this document. You are encouraged to seek assistance of an attorney to help you with these matters.

The database, this information and the laws regarding these matters may change. To obtain current and accurate information, discuss these topics with your trusted financial or legal professional. You are encouraged to seek assistance of an attorney to give you guidance based on your specific needs and preferences.

The POLST form is described in more detail further along in this article. It is advisable that you have both an Advance Directive as well as a POLST form if you are terminally ill.

Although Advanced Directives are available on internet sites and through associations and special interest groups for free, you may consider working with an elder law attorney who can help translate your specific preferences into the document. If you have concerns about family members disagreeing with your choices, you should definitely consider working with a legal professional who can help create all the legal documents for your estate plan, inclusive of wills or trusts, Advance Directives and Durable Powers of Attorney.

*To find an elder law attorney to assist you, visit the National Association of Elder Law Attorneys web site at: <http://www.naেলা.org> and click on "Find an Attorney"; or visit the CHOICE Advisory web site to view Attorneys advertising their services to the public.*

Senior Information & Assistance also offers free template forms on their web site:

**[www.seniorservices.org](http://www.seniorservices.org)** (select the "Senior Rights Assistance" tab, then select "Power of Attorney." On this web page you can access both a template for Durable Power of Attorney and a template for an Advance Directive.

## Five Wishes

Created from a grant by The Robert Wood Johnson Foundation, the nation's largest philanthropy organization devoted exclusively to health and health care; this printed or on-line form offers an alternative

## ABOUT ADVANCED DIRECTIVES & POLST FORMS

### Advance Directives / Living Will / Directive to Physicians / Medical Directive

As you can see from the title of this section, this type of legal document is known by several different names. In the state of Washington, this document is only used if:

- 1 You have been diagnosed with a terminal illness or condition where treatments would only artificially prolong the process of dying, or
- 2 You are in an irreversible coma with no hope of recovery.

You are able to prepare this document at any time, even if you have no illness or disease at that current time. It is prudent to define your wishes at a time when you can give full and careful consideration to those treatments you would approve for yourself and those you would refuse.

In addition to Advanced Directives, you should also obtain a POLST form from your healthcare provider.



to what is typically thought of as an Advance Directive. Once completed and notarized, it constitutes a legal document.

In addition to setting forth the types of medical treatments you do and do not want, this document goes further to clarify the comfort measures you want implemented at the end of your life. Additionally, it covers how you want to be treated and what you want your loved ones to know about your preferences.

The First Wish of the Five Wishes document names a Health Care Agent, which should match the name(s) of the agent(s) you list in your Durable Power of Attorney. Five Wishes is written in a manner to cover health care related matters, but not financial matters. For financial matters, you will need to consider having a Durable Power of Attorney document in addition to your Five Wishes document. Also, if you are terminally ill, you should also complete a POLST form with your health care professional. **To obtain a copy of Five Wishes, visit: [www.agingwithdignity.org](http://www.agingwithdignity.org) or call 888-594-7437.**

## POLST Form

**POLST** stands for **P**hysician **O**rders for **L**ife-Sustaining Treatment. It is a document available from your primary care provider with the intended use of summarizing specific preferences an individual has regarding end of life treatments. This two sided, light green, 8 1/2" x 11" document is intended for individuals with an advanced life-limiting illness.

This document has replaced the **EMS-No CPR** (Emergency Medical Services – No Cardiopulmonary Resuscitation) form used in the past. The POLST form covers the patient's wishes for resuscitation, medical interventions, antibiotics and artificial feedings.

With the help of your physician, Advanced Registered Nurse Practitioner or Physician Assistant-Certified, you will outline the specific measures and treatments that you DO and DO NOT want carried out.

The form is portable, which means it can be taken from healthcare (hospital) to long-term care settings (skilled nursing facility) without the need to complete another form. The POLST form specifically translates your wishes into actual physician orders.

In addition to a POLST form, you should also have Advance Directives (or The Five Wishes Form). The POLST form is a quick guide targeted at emergency and healthcare personnel whereas Advance Directives are more extensive in nature.

Older adults are encouraged to ask their physicians for the form, but you may also obtain one by sending a self-addressed, stamped envelope to:

### Washington State Medical Association

Attn: POLST

2033 Sixth Ave #1100

Seattle, WA 98121

## Washington Law Help

You can access a free template of a Living Will (Advanced Directive) provided by Columbia Legal Services at this internet site:

**[www.washingtonlawhelp.org](http://www.washingtonlawhelp.org)**

## Compassion & Choices of Washington

This agency offers in-depth information about Advanced Directives, the POLST form and many other aspects of end-of-life matters. You can also find a free template of an Advanced Directive. **You may find this organization on the web at: [www.compassionwa.org](http://www.compassionwa.org)**

COMPASSION & CHOICES  
OF WASHINGTON

Your health care professional should have a POLST form readily available or you may print a blank form by visiting this website: **[www.ohsu.edu/polst](http://www.ohsu.edu/polst)** ■



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didn't have the time for pre-planning your convalescence, you're going to have to cope with questions like:

- Will I be able to go home?
- If I can go home, who's going to help me?
- Can I rely on family and friends to do it all, or should I get outside help?
- How do I get outside help?
- If I can't go home and have to go to a rehabilitation center, which one do I choose?

The realities of hospital stays are very different now than they were for the last generation. Hospitals are discharging patients much more quickly now. Due to some very complex Medicare funding rules, much of the care you have always associated with a hospital stay is now provided after your discharge. Typically, your rehabilitation will occur within a skilled nursing facility, a senior living & care community, an adult family home or possibly in your own home under the care of a home health or home care agency.

### **There are many professional people who play a role in your hospital discharge:**

- The **hospital physician** will make a recommendation on the level of care you will require during your convalescence
- The **discharge planner** (usually a social worker or nurse employed by the hospital) will help you through the process of moving on to the next step in your care
- A **Housing & Care Advisor** may help define housing and care options that will fit the physician's recommendation and meet the timeline set by the discharge planner
- A **Private Case or Care Manager** may be brought into the process to define a plan of care for you within the recommendations made by your physician timeline set by the discharge planner

Medicare defines the discharge planner's role as "finding a 'safe and adequate' place for you to

## **WHAT HAPPENS AFTER THE DISCHARGE FROM THE HOSPITAL?**

Sometimes you are able to plan for a stay in the hospital, say for a knee replacement or cancer treatments, you know it's going to happen and you can make arrangements for recuperation. Unfortunately, more times than not, hospital stays are unplanned; you have an accident, suffer a stroke, maybe take a fall. Whichever the case may be, the actual discharge process can involve a series of decisions (some tough decisions) regarding housing, rehabilitation and long-term care.

If your situation is the former, where you knew ahead of time that you were going to be hospitalized and possibly incapacitated (at least in some way) upon leaving the hospital, chances are you'll be ready for the recovery process, at least more so than your counterpart whose hospitalization caught them off-guard. If you

go after leaving the hospital". For some, that will mean going home with family to support you during your complete recovery or going home and arranging for skilled help to come in and assist. For those who cannot go straight home, your choices will consist of those places which can provide the follow-up care you need, have the availability of a bed when you need it and who will provide your care under your insurance plan (if applicable)

### Medicare's rules are as follows:

#### Medicare will pay for skilled nursing care after a 3 night stay in the hospital

- You must have been **admitted** to the hospital and have been there for 72 hours. Be certain to ask whether the hospital has actually "admitted" you, or if you are listed as "under observation" status. You cannot have been held for observation only; this will not trigger your Medicare coverage or Medicare-replacement insurance coverage.
- If you are discharged after 48 hours, Medicare will **not** cover your recovery care.

**Medicare will only pay for your recovery as long as you continue to make improvement or up to 100 days, whichever is LESS; the "or"**

**is an important distinction here. These are highly important criteria to understand..**

- Once your recovery or condition "plateaus" (according to your care provider or physician), meaning that you won't make significant progress in your health status, you may be decertified; that is, your benefits from Medicare will cease.
- It is essential that you have someone advocating for your care on your behalf. This can be a family member, friend or a paid Case or Care Manager. This individual needs to question the interpretation of your recovery as having "plateaued" with your physician and care staff, especially if you're capable of living independently.

If your rehab involves moving to a skilled nursing facility or arranging for Medicare-certified in-home health care, the discharge planner may offer options or may even arrange for a direct move from the hospital to an alternate location.

If your overall care needs have changed, and you may not be able to return home again, **contact a CHOICE Housing & Care Advisor at 800-361-0138**. We know the options you will want to consider once you have completed rehab and our help to you is free-of-charge. ■



## CANCER, BREAST CANCER TREATMENT &amp; RESOURCES |

Organization	Location	Telephone	Web site
ABCD Helpline		800-977-4121	<a href="http://www.abcdbreastcancersupport.org">www.abcdbreastcancersupport.org</a>
Breast Cancer Specialty Center	Seattle	206-288-2166	
Cancer Lifeline	Multiple	800-255-5505	<a href="http://www.cancerlifeline.org">www.cancerlifeline.org</a>
Cancer Treatment Centers of America	Renton	800-396-3606	
Cascade Cancer Center	Kirkland	425-899-2873	
Cascade Cancer Center & Seattle Cancer Care Alliance	Kirkland	425-899-3181	
Evergreen Breast Center	Kirkland	425-899-1849	<a href="http://www.evergreenhealthcare.org">www.evergreenhealthcare.org</a>
Fred Hutchinson Cancer Research Center	Seattle	206-288-1024	<a href="http://www.fhcr.org">www.fhcr.org</a>
Gildas Club of Seattle	Seattle	206-709-1400	<a href="http://www.gildasclubseattle.org">www.gildasclubseattle.org</a>
Harrison Radiation Oncology	Bremerton	360-744-8545	
Highline Cancer Center	Burien	206-244-6625	
Highline Oncology & Infusion Therapy	Burien	206-439-5577	<a href="http://www.highlinemedicalcenter.org">www.highlinemedicalcenter.org</a>
Jane Thompson Russell Cancer	Gig Harbor	253-530-2695	
JoViPak - Post Mastectomy	Kent	206-575-1656	<a href="http://www.jovipak.com">www.jovipak.com</a>
Light Sciences Oncology Inc	Snoqualmie	425-369-2760	
MultiCare Regional Cancer Center	Tacoma	253-403-1677	
MultiCare Regional Cancer Center - Auburn	Auburn	253-876-8200	
MultiCare Regional Cancer Center - Gig Harbor	Gig Harbor	253-530-8060	
Northwest Lymphedema Center	Kent	206-575-7775	<a href="http://www.nwlymphedemacenter.org">www.nwlymphedemacenter.org</a>
Overlake Hospital Breast Center	Bellevue	425-688-5700	
Overlake Hospital Medical Center	Bellevue	425-688-5985 x3	<a href="http://www.overlakehospital.org">www.overlakehospital.org</a>
Puget Sound Cancer Center & Swedish Cancer Institute	Edmonds	425-775-1677	
Seattle Breast Center at Northwest Hospital	Seattle	206-368-1749	<a href="http://www.seattlebreastcenter.org">www.seattlebreastcenter.org</a>
Seattle Cancer Care Alliance	Seattle	206-288-1024	<a href="http://www.seattlecca.org">www.seattlecca.org</a>
Seattle Cancer Care Alliance	Seattle	206-288-7222	
Seattle Cancer Treatment	renton	206-292-2277	
Susan G. Komen Breast Cancer Foundation	Seattle	206-633-0303	<a href="http://www.komenseattle.org">www.komenseattle.org</a>
Swedish Cancer Institute	Seattle	206-365-8252	
Swedish Cancer Institute	Multiple	206-215-3600	<a href="http://www.swedish.org">www.swedish.org</a>
University of Washington Medical Center	Seattle	206-598-4480	
Valley Breast Center	Renton	425-656-5588	<a href="http://www.valleymed.org">www.valleymed.org</a>

## CLINICS &amp; PHYSICIANS |

Name	Information	Telephone	Area
<b>Everett Clinic Main Campus, The</b>	3901 Hoyt Ave, Everett; Primary care, specialty care, walk-in clinic	425-259-0966	Everett
Everett Clinic at Harbour Pointe, The	4410 106th St. SW, Mukilteo; Primary care, walk-in clinic, PT	425-493-6000	Mukilteo
Everett Clinic at Lake Stevens, The	8910 Vernon Rd, Lake Stevens; Primary care, walk-in clinic	425-397-1700	Lake Stevens
Everett Clinic at Marysville, The	4420 76th St. NE, Marysville; Primary Care, walk-in clinic	360-651-7490	Marysville
Everett Clinic at Mill Creek, The	15418 Main St., Mill Creek; Primary care, walk-in clinic	425-225-8000	Mill Creek
Everett Clinic at Silver Lake, The	1818 121st St. SE, Everett; Primary care, walk-in clinic	425-357-3300	Everett
Everett Clinic at Smokey Point, The	2901 174th St. NE, Marysville; Primary care, specialty care, walk-in clinic	360-454-1900	Smokey Point/Marysville
Everett Clinic at Snohomish, The	401 Second St., Snohomish; Primary care, walk-in clinic	360-563-8600	Snohomish
Everett Clinic at Stanwood, The	7205 265th St. NW, Stanwood; Primary care, walk-in clinic	360-629-1500	Stanwood
Outpatient Physical Therapy		425-899-1960	Kirkland
Senior Health Specialists	11521 NE 128th St, Ste 100	425-899-6800	Kirkland
Center for Continence & Pelvic Health, The	12303 NE 130th Lane, Ste Coral 225	425-899-3890	Kirkland
Multiple Sclerosis Center	12333 NE 130th Lane, Ste 225	425-899-5350	Kirkland
Outpatient Physical Therapy		425-899-1960	Kirkland
Senior Health Specialists	11521 NE 128th St, Ste 100	425-899-6800	Kirkland
<b>Evergreen Healthcare</b>	<a href="http://www.evergreenhealthcare.org">www.evergreenhealthcare.org</a>		
Booth Gardner Parkinsons Care Center at Evergreen	13030 121st Way NE, Ste 203	425-899-3123	Kirkland
Multiple Sclerosis Center	12333 NE 130th Lane, Ste 225	425-899-5350	Kirkland
Outpatient Physical Therapy		425-899-1960	Kirkland
Senior Health Specialists	11521 NE 128th St, Ste 100	425-899-6800	Kirkland
Center for Continence & Pelvic Health, The	12303 NE 130th Lane, Ste Coral 225	425-899-3890	Kirkland
<b>Mercer Island Primary Care &amp; NW Geriatrics</b>	7707 SE 27th, Ste 104	206-275-3588	Mercer Island
<b>Minor &amp; James Medical</b>	<a href="http://www.minorandjames.com">www.minorandjames.com</a>		
Ballard Orthopedics	1801 NW Market, #403	206-784-8833	Seattle
Bellevue Commons	1200 112th Ave NE, Ste B250	206-386-9500	Bellevue
First Hill Medical Building	515 Minor Avenue	206-386-9500	Seattle
James Tower - Cardiology	550 17th Ave, Ste 450	206-320-6500	Seattle
Mercer Island Clinic of Medicine	3236 78th Ave SE, Ste 200	206-275-5060	Mercer Island
NW Pulmonary	1560 N 115th, Ste 110	206-367-0660	Seattle
Rheumatology - First Hill	515 Minor Avenue, Ste 200	206-386-9522	Seattle
Rheumatology - Bellevue	1200 112th Ave NE, Ste B250	425-462-1132	Bellevue
West Seattle Clinic	3400 California Ave SW, Ste 300	206-320-3399	Seattle



## CLINICS &amp; PHYSICIANS | continued

Name	Information	Telephone	City
<b>MultiCare</b>	www.multicare.org		
Auburn MultiCare Health Center	202 Cross St SE	253-876-8190	Auburn
Covington MultiCare Clinic	17700 SE 272nd Street	253-372-7030	Covington
Fife MultiCare Clinic	502 54th Ave East	253-459-7500	Fife
Neuroscience Center of Washington	915 6th Avenue	253-403-1040	Tacoma
<b>Northwest Hospital</b>	www.nwhospital.org		
Outpatient Rehabilitation	Inpatient & Outpatient Therapies	206-368-1794	Seattle
Wound Care Center	Outpatient program: 206-368-1769	206-368-1244	Seattle
<b>Overlake Senior Clinics</b>	www.overlakehospital.org	425-688-5800	Eastside
<b>Pacific Medical Clinics</b>	www.pacmed.org		
Beacon Hill Clinic	1200 - 12th Ave S.	206-326-2400	Seattle
Lynnwood Clinic	19401 40th Ave W.	425-744-7153	Lynnwood
Madison Clinic	1101 Madison, Ste 301	206-505-1101	Seattle
Northgate Clinic	10416 - 5th Ave NE	206-517-6700	Seattle
Renton Clinic	601 S. Carr Rd, Ste 100	425-227-3700	Renton
Totem Lake Clinic	12910 Totem Lake Blvd, Ste 101	425-814-5000	Kirkland
<b>Polyclinic, The</b>	www.polyclinic.com		
Polyclinic, The - Main Campus	1145 Broadway	206-329-1760	Seattle
Polyclinic, The Family Practice - Downtown	509 Olive Way, Ste 1607	206-860-4700	Seattle
Polyclinic, The Ophthalmology	1101 Madison, Ste 900	206-860-4550	Seattle
<b>Providence ElderPlace, a PACE Program</b>	4515 ML King Jr. Way South	206-320-5325	Seattle, South King County
<b>Providence Everett Clinics</b>	www.providence.org		
Providence Everett Healthcare Clinic	Serving Medicare/Medicaid patients that can't find physicians	425-317-0300	Everett
Providence Everett Medical Center - Mill Creek Campus	425-261-2000	425-316-5000	Mill Creek
<b>Swedish</b>	www.swedish.org		
Ballard Campus	5300 Tallman Ave NW	206-782-2700	Ballard
Cherry Hill Campus	500 17th Ave	206-320-2000	Cherry Hill
Edmonds Campus	21601 76th Ave W	425-640-4000	Edmonds
First Hill Campus	747 Broadway	206-386-6000	First Hill
Issaquah Campus	751 NE Blakely Dr.	425-313-4000	Issaquah
Mill Creek Campus	13020 Meridian Ave S	425-357-3900	Mill Creek
Redmond Campus	18100 NE Union Hill Rd	425-298-2200	Redmond

## CLINICS &amp; PHYSICIANS | continued

Name	Information	Telephone	City
<b>Swedish Primary Care</b>	<a href="http://www.swedish.org/primarycare">www.swedish.org/primarycare</a>	800-SWEDISH	19 locations in the greater Seattle area
<b>University of Washington</b>	<a href="http://uwmedicine.washington.edu">uwmedicine.washington.edu</a>		
Bone and Joint Center	4245 Roosevelt Way NE	206-598-4288	Seattle
Eastside Specialty Center	1700 116th Ave NE	425-646-7777	Bellevue
Fall Prevention Clinic	325 9th Ave, 4th Floor West	206-744-4191	Seattle
Harborview Outpatient Physical Therapy	411 12th Ave	206-521-1675	Seattle
Healthy Bones Clinic	325 9th Ave, 4th Floor West	206-744-4191	Seattle
Neighborhood Clinics	<a href="http://uwmedicine.washington.edu">uwmedicine.washington.edu</a>		
Belltown Clinic	2505 2nd Ave, Ste 200	206-443-0400	Seattle
Factoria Clinic	13231 SE 36th St, Ste 110	425-957-9000	Bellevue
Federal Way Clinic	32018 23rd Ave S.	253-839-3030	Federal Way
Issaquah Clinic	1455 11th Ave NW	425-391-3900	Issaquah
Kent / Des Moines Clinic	23213 Pacific Hwy S.	206-870-8880	Kent
Shoreline Clinic	1355 N 205th Street	206-542-5656	Shoreline
Woodinville Clinic	17638 140th Ave NE	425-485-4100	Woodinville
Neurology Clinic	1959 NE Pacific St	206-598-7698	Seattle
Roosevelt Clinic	4245 Roosevelt Way NE	206-598-8750	Seattle
Senior Care Clinic at Harborview	325 9th Ave, 4th floor, Desk B	206-744-4191	Seattle
Stroke Clinic	325 9th Ave, 4th Floor West	206-744-6285	Seattle
<b>Valley General Hospital</b>	<a href="http://www.valleygeneral.org">www.valleygeneral.org</a>		
Monroe - Main Campus	14701 179th Ave SE	360-794-7497	Monroe
Wound Healing Center	14701 179th Ave SE	360-863-4655	Monroe
<b>Valley Medical Center:</b>	<a href="http://www.valleymed.org">www.valleymed.org</a>	425-656-3450	Renton
Breast Center, The	4033 Talbot Rd S Ste 470	425-656-5588	Renton
Cascade Primary Care	4033 Talbot Rd S Ste 570	425-656-5400	Renton
Covington Primary Care	16850 SE 272nd Street	253-395-1960	Covington
Covington Urgent Care	16850 SE 272nd Street	253-395-2006	Covington
Diabetes Center, The	4033 Talbot Rd S Ste 140	425-656-5377	Renton
Eye Center, The	3915 Talbot Rd S Ste 100	425-656-5345	Renton
Fairwood Primary Care	14410 SE Petrovitsky Rd Ste 104	425-656-4242	Renton
GoldenCare	3915 Talbot Rd S Ste 305	425-226-4653	Renton
Highlands Primary Care	451 Duvall Ave NE Ste 100	425-656-5500	Renton
Highlands Urgent Care	451 Duvall Ave NE Ste 120	425-656-5518	Renton
Joint Center	400 S 43rd St	425-656-4636	Renton

Continued on page 70

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\*Puget Sound Health Alliance, 2013 Community Checkup Report.  
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## CLINICS & PHYSICIANS | continued

Name	Information	Telephone	City
<b>Valley Medical Center (continued)</b>			
Kent Primary Care	24920 104th Ave SE	253-395-2000	Kent
Lake Sawyer Primary Care	27203 216t Ave SE Ste D	425-656-4100	Maple Valley
Nephrology Health	4033 Talbot Rd S Ste 430	425-227-0231	Renton
Newcastle Primary Care	7203 129th Ave SE Ste 100	425-656-5406	Renton
Newcastle Urgent Care	7203 129th Ave SE Ste 200	425-656-5590	Renton
North Benson Urgent Care	10555 SE Carr Rd Bldg M	425-656-4270	Renton
Psychiatry & Counseling Center	4445 Talbot Rd S	425-656-4055	Renton
Rheumatology	27005 168th Pl SE Ste 301	253-395-1971	Covington
Valley Family Medicine	3915 Talbot Rd S, Ste 401	425-656-4224	Renton
Valley General Surgery	4011 Talbot Rd S Ste 420	425-656-5430	Renton
Valley Sports Medicine	3600 Lind Ave SW Ste 170	425-656-4260	Renton
Vascular Surgery	4033 Talbot Rd S Ste 530	425-656-5568	Renton
WA Neuroscience Institute	3915 Talbot Rd S Ste 104	425-656-5566	Renton
<b>Virginia Mason</b>	<a href="http://www.virginiamason.org">www.virginiamason.org</a>		
Virginia Mason Bellevue	Primary & Specialty Care	425-637-1855	Bellevue
Virginia Mason Issaquah	Primary & Specialty Care	425-557-8000	Issaquah
Virginia Mason Kirkland	Primary & Specialty Care	425-814-5100	Kirkland
Virginia Mason Lynnwood	Internal Medicine, Multi-specialty	425-712-7901	Lynnwood
<b>Western Washington Medical Group</b>	<a href="http://www.wmedgroup.com">www.wmedgroup.com</a>	425-259-4041	Everett



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## I was going for 100 years old!

92-year-old war veteran reflects on cancer diagnosis



**PROVIDENCE**  
Hospice & Palliative Care

**Seattle/King County:**  
206.320.4000

**Snohomish County:**  
425.261.4800

**Lewis, Mason and  
Thurston Counties:**  
360.493.5900

Veteran John Hogan didn't know anything about hospice care when he was diagnosed with cancer and his doctor offered him a range of choices – from aggressive treatment to care focused on comfort and quality of life.

"I want to live normally, live comfortably, have the nurse come in and that's the way I want to go," said John.

And that's how it went. Providence Hospice provided the nurses, walker, wheelchair, social worker, medicine, and other services he needed. John got to enjoy time with his children and grandchildren and all the friends and neighbors who visited him during his final four months of life.

Serving King, Lewis, Mason, Snohomish and Thurston Counties. For more information visit [www.providence.org/pscs](http://www.providence.org/pscs).

## HOSPICE & END-OF-LIFE CARE

Name	Ad on page	Telephone	Info	Inpatient Program	Island/San Juan	King	Kitsap	Pierce/Thurston	Skagit/Whatcom	Snohomish
Evergreen - Gene & Irene Wockner Hospice Center (inpatient)		425-899-1040	<a href="http://www.evergreenhealthcare.org/hospice">www.evergreenhealthcare.org/hospice</a>	■	■					
Evergreen Hospice Services, King & Snohomish		425-899-1040	800-442-4546; <a href="http://www.evergreenhealthcare.org/hospice">www.evergreenhealthcare.org/hospice</a>			■				■
Franciscan Hospice & Palliative Care		866-969-7028	Serving King, Pierce & Kitsap Counties; Hospice, inpatient hospice, palliative medicine and community palliative care.	■	■		■			
Gentiva Home Health & Hospice	75	206-525-1090	Serving King County	■	■					
Good Samaritan Home Health & Hospice		253-301-6400	<a href="http://www.goodsamhealth.org">www.goodsamhealth.org</a>			■		■		
Group Health Hospice Program (members only)		206-326-4444	<a href="http://www.ghc.org">www.ghc.org</a>			■				■
Highline Home Health & Hospice		206-439-9095	<a href="http://www.HighlineMedicalCenter.org">www.HighlineMedicalCenter.org</a>			■				
Hospice of Kitsap County		360-698-4611	<a href="http://www.hospicekc.org">www.hospicekc.org</a>	■						
Hospice of San Juan		360-472-0322	<a href="http://www.sjhospice.com">www.sjhospice.com</a>			■				
Hospice of the Northwest		800-894-5877	<a href="http://www.hospicenw.org">www.hospicenw.org</a>		■				■	■
Kline Galland Home Health & Hospice		206-805-1930				■				
Providence Hospice & Home Care of Snohomish County	2, 3, 72, 73	425-261-4800	<a href="http://www.providence.org/phhc">www.providence.org/phhc</a>			■				■
Providence Hospice of Seattle	2, 3, 72, 73	206-320-4000	888-782-4445; <a href="http://www.providence.org/hospiceofseattle">www.providence.org/hospiceofseattle</a>			■				
Providence SoundHomeCare and Hospice	2, 3, 72, 73	800-869-7062	Serving Lewis, Mason & Thurston Counties <a href="http://www.providence.org/pshch">www.providence.org/pshch</a>						■	
Whatcom Hospice		360-733-5877	<a href="http://www.whatcomhospice.org">www.whatcomhospice.org</a>	■						■





# Palliative Care

One area of health care that is receiving more attention lately is palliative care, yet it is often misunderstood. Palliative care social worker Ann Friedrichsen manages the **Providence Transitions™** palliative care program in King County and explains what it is and who's eligible for these services.

## What is palliative care?

According to the Center to Advance Palliative Care "it is specialized medical care for people with serious illnesses. This type of care is focused on providing patients with relief from the symptoms, pain, and stress of a serious illness—whatever the diagnosis."

Palliative care is both a *philosophy of care* and an organized, highly structured system for delivering care (American Academy of Hospice and Palliative Care).

## What is the goal of palliative care?

The goal is to relieve pain and improve quality of life for both the patient and the family. Palliative care is provided by a team of doctors, nurses, and other specialists who work with a patient's other doctors to provide an extra layer of support. Palliative care also aims to help patients enjoy the people and activities important to

them, by maximizing physical comfort and independence, and the patient's emotional and spiritual well being.

## I thought palliative care was a service only offered to those that are dying?

No. Palliative care can be of benefit to any patient that is experiencing serious illness. Unlike hospice care, palliative care is appropriate for patients in all disease stages, including those undergoing treatment for curable illnesses and those living with chronic diseases, as well as patients who are nearing the end of life.

## In what settings can I receive palliative care?

Palliative care is offered in most hospitals and also on an outpatient basis in clinics or patients' homes.

## What is the Transitions Program and how do I access it?

Providence Transitions serves adults in King County who have an advancing illness, or declining health due to multiple health conditions, or a limited prognosis. Services are provided in clients' own homes. A team of a nurse and two social workers addresses a patient's personal needs and goals for living with their illness. Services are available at no cost. A doctor doesn't need to order Transitions services, but can make a referral.

Services include:

- **Goal setting** – Assists the patient and their family to clarify quality of life goals and to work toward those goals. The team can also provide guidance with treatment decisions and changes in the direction of care.
- **Prevention or relief of symptoms** related to disease process or side effects of treatments.
- **Support** in coping with the emotional and spiritual effects of illness.
- **Education** – Where to get help at home, emotional or spiritual support, or guidance in making important decisions.
- **Coordination of Services/Referrals** for other specialized services as needed, such as counseling, physical or occupational therapy, in-home caregiving.

## When should I consider palliative care for myself or a loved one?

Palliative care may make sense to you and your family if you've received a new serious diagnosis, or are coping with the progression of a chronic illness or set of health problems and need help sorting through "what should I/we do next?"

For more information, visit  
[www.providence.org/pscs](http://www.providence.org/pscs)  
or see our ad on Page 2.

 **PROVIDENCE**  
Senior and Community  
Services



**COMPASSION & CHOICES OF WASHINGTON**  
is a statewide organization that supports people facing the end of life and advocates for the right to a peaceful, humane death. There is never a fee for our services.  
[www.CompassionWA.org](http://www.CompassionWA.org) | 877.222.2816

If you or someone you know is approaching the end of life, **Compassion & Choices of Washington** can help you with:

- Talking to your loved ones about dying.
- End-of-life decision-making.
- Talking to your physician about hospice, palliative care and pain management.
- Finding hospice providers.
- Understanding all options to achieve a peaceful, humane death, including Washington's Death With Dignity Act.

**We offer:**

- Free client support services.
- Advance Directive packets.
- Alzheimer's Disease and Dementia Mental Health Advance Directive packets.
- Physician Orders for Life-Sustaining Treatment (POLST) forms.
- Advance Planning documents and articles.
- Wonderfile (organizer with end-of-life documents).
- Presentations on topics including: Washington's Death With Dignity Act, advance planning, end-of-life options, and an overview of our services.

See our website for free downloadable documents.

**The Washington Death With Dignity Act**

The act allows terminally ill adults to request life-ending medication from physicians. Patients must be Washington State residents, have less than six months to live, be capable of making an informed decision, and be able to self-administer the prescribed medication. We can offer you:

- Guidance through the process.
- Help with talking to your doctors about Death With Dignity.
- Assistance locating participating physicians and pharmacists for clients.
- Personal presence at the time of a Death With Dignity.

“The support and information you provided were invaluable, and without people like you to give options and choices, those of us who are trying to cope with almost impossible situations would be completely lost. From the bottom of my heart, thank you.”

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[info@CompassionWA.org](mailto:info@CompassionWA.org)  
[www.CompassionWA.org](http://www.CompassionWA.org)

## IN-HOME CARE


## Medicare Certified

(For Home Care - Private Pay, Non-Medicare Agencies See Page 78-83)

Name	Ad on page	Telephone	Serving these Counties					
			Island / San Juan	King	Kitsap	Pierce / Thurston	Skagit / Whatcom	Snohomish
Alpha Nursing and Services, Inc		425-357-1790					■	■
Assured Home Health, Hospice & Home Care		360-236-9204				■		
Careage Home Health	77	425-519-1265		■				
Evergreen Home Health		425-899-3300		■				■
Gentiva Home Health & Hospice	75	206-729-7773 - Seattle 253-395-5133 - Kent		■	■	■		■
Good Samaritan Home Health & Hospice		253-301-6400				■		
Group Health Home Health & Hospice		206-326-4444		■	■	■		■
Harrison Home Health		360-744-6750			■	■		
Heartland Home Health Care		206-417-7700		■				■
Highline Home Health & Hospice		206-439-9095		■				
Island Hospital Home Health		360-299-1302	■				■	■
Kline Galland Home Health & Hospice		206-805-1930		■		■		■
Life Care At Home of Washington		360-659-1487	■	■	■	■	■	■

Home Care - Non-Medicare private pay agencies see page 78-83

See page 132 for Key • Continued on page 76



## For home health and hospice care, Washington State trusts us.

No one takes better care of Washingtonians than the Gentiva family of companies. Our care always feels like home because it always comes right from the heart. Our services include nursing, physical, occupational and speech therapies, social work, chronic disease, pain management and hospice. So when you need us, we'll be ready with leading clinical solutions and compassionate care—right in the comfort of the place you call home.

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CHRP



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Home Health  
& Hospice

For more information,  
call 1-888-GENTIVA  
or visit [www.gentiva.com](http://www.gentiva.com)

## IN-HOME CARE

## Medicare Certified

(For Home Care - Private Pay, Non-Medicare Agencies See Page 78-83)

Name	Ad on page	Telephone	Serving these Counties					
			Island / San Juan	King	Kitsap	Pierce / Thurston	Skagit/ Whatcom	Snohomish
Multicare Good Samaritan Home Health		253-301-6400		■		■		
Multicare Home Health		253-459-8355		■		■		
Providence Home Services	2, 3, 73, 77	425-525-6800		■				
Providence Hospice & Home Care of Snohomish County	2, 3, 73, 77	425-261-4800	■	■				■
Providence Hospice of Seattle 888-782-4445	2, 3, 73, 77	206-320-4000		■		■		■
Providence Infusion & Pharmacy Services	2, 3, 73, 77	800-832-0319	■	■	■	■	■	■
Providence SoundHomeCare & Hospice (Serving Mason, Lewis & Thurston Counties)	2, 3, 73, 77	800-869-7062				■		
Puget Sound Home Health Care		253-581-9410		■	■	■		
Signature Home Health - Bellevue		877-670-3850		■				
Signature Home Health - Bellingham		866-390-3869					■	■
Signature Home Health - Federal Way		888-870-5166		■		■		
Wesley Homes At Home	76	206-870-1127		■		■		■

Home Care - Non-Medicare private pay agencies see page 78-83

See page 132 for Key



RETIREMENT COMMUNITIES | HOME HEALTH SERVICES | FOUNDATION

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### Get well with Wesley Homes Home Health.

After a hospital or nursing home stay, bring Wesley Homes' quality care to your home. Our nursing and therapy staff will help you get back on your feet.

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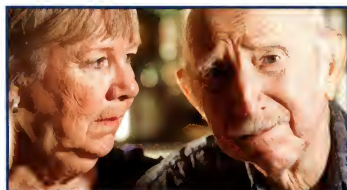


CAREAGE HOME HEALTH

14450 NE 29th Place, Suite 106  
Bellevue, WA 98007

425.519.1265

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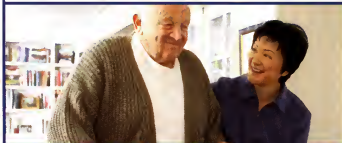
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- Physical Therapy
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Snohomish County: 425.261.4800

Lewis, Mason and Thurston Counties: 360.459.8311





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- ✦ We pride ourselves on employing the highest caliber of staff assuring our clients the best quality in-home care services



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### **Types of Care:**

- **Level I Home Care** – includes housekeeping, laundry, meal preparation, shopping, companionship and protective supervision.
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- **Level III Advanced Personal Care** – includes assistance with toileting, total assist transfers, body care, and positioning.
- **Overnight Care** – for individuals who benefit from the reassurance of someone sleeping over and providing brief, infrequent assistance if needed. If an individual is up throughout the night or needs frequent attention, the hourly care, as described above, is required.
- **Live-In Care** – can include home care and personal care.
- **Bath Assistance**

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**CATHOLIC COMMUNITY SERVICES  
CATHOLIC HOUSING SERVICES  
OF WESTERN WASHINGTON**

**IN-HOME CARE****Non-Medicare Certified**

(For Medicare Certified Home Care Agencies - See Page 75-77)

Name	Ad on page	Telephone	Serving these Counties						Accept Medicaid
			Island / San Juan	King	Kitsap	Pierce / Thurston	Skaagit / Whatcom	Snohomish	
A Better Solution Home Care 866-669-4519		360-629-4510		■			■	■	
A Helping Hand	83	877-281-7111		■					
AccentCare - www.accentcare.com		206-248-1292		■		■		■	
Andelcare 425-283-0408		800-319-5979		■		■		■	
Capability Home Care		425-679-5770		■				■	
CareForce Excellence In Home Care		206-337-2268		■				■	
Caring Aid Home Care		206-829-9293		■				■	
Cascade Companion Care		425-361-0044	■	■				■	
Catholic Community Services of Western Washington	78, 79	877-870-1582	■	■	■	■	■	■	■
Companion Care, Inc.		425-488-7575		■				■	
Family Resource Home Care	81	206-545-1092		■		■		■	
Fedelta Care Solutions		206-362-2366		■	■	■		■	
Hannah's Home Care Agency	5	253-267-0373		■		■			
Home Instead - Bellevue (Eastside)	83	425-454-9744		■					
Home Instead Senior Care (South King, Pierce Counties)	83	253-943-1603		■		■			
Home Instead Senior Care (North King, Snohomish Counties)	83	425-263-9430		■				■	
Home Instead Senior Care	83	206-622-4663		■					
Homewatch CareGivers - (425) 889-2627	82	206-363-4599	■	■		■	■	■	
HomeWell Senior Care - Bellevue & Eastside	81	425-823-3200		■					
HomeWell Senior Care - Greater Seattle Area / South King	81	206-440-5500		■				■	
HomeWell Senior Care - North King & Snohomish County	81	425-967-1111		■				■	
Husky Senior Care: The Stay Home Alternative		206-599-9990		■		■		■	
Hyatt Home Health Care HyattHomeCare.com		206-851-5277		■		■		■	
Pacific Home Care, Inc	82	425-454-0360		■		■		■	
Promed Agency		800-549-8656		■	■	■		■	
Right at Home Snohomish County (www.rightathome.net/rahsnoco)		425-290-1714		■				■	

**Medicare Certified Home Care Agencies - See Pgs 75-77**

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- Medicine Reminders
- Grooming
- Laundry
- And much more...

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Lynnwood Area 425.967.1111

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Cancer Care

**Family Assistance**

Respite Care

Care Coordination & Resources

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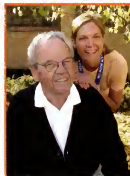


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## IN-HOME CARE

### Non-Medicare Certified

(For Medicare Certified Home Care Agencies - See Page 75-77)

Name	Ad on page	Telephone	Serving these Counties						Accept Medicaid
			Island / San Juan	King	Kitsap	Pierce / Thurston	Skagit / Whatcom	Snohomish	
Sound Options		800-628-7649		■	■	■		■	
SYNERGY HomeCare of Bellevue (Eastside)	81	425-462-5300		■				■	
SYNERGY HomeCare of East King County (& SE King County)	81	425-988-3759		■				■	
SYNERGY HomeCare of Olympia (including Lewis County)	81	360-338-0837				■			
SYNERGY HomeCare of Federal Way	81	253-277-0605		■		■			
SYNERGY HomeCare of Lynnwood	81	425-577-3442		■				■	
SYNERGY HomeCare of Seattle	81	206-420-4934		■					
Total Care	83	509-248-7846		■	■	■	■		M
Wesley Homes Community Health Services	47, 76	206-870-1127		■		■		■	

**Medicare Certified Home Care Agencies - See Pgs 75-77**



# Meeting the needs of seniors at home



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We provide compassionate professional caregivers to serve your full range of needs from daily tasks to end-of-life care.

## Services

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- Errands and Transportation
- Nurse Delegated Care
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- Transitional Care

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- Housekeeping
- Companionship
- Transportation
- Medication Reminders
- Bathing and Dressing
- Meal Preparation
- RN Supervised Caregivers
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info@mshelp.org  
www.mshelp.org

**mshelp.org**

**425.712.1807**

## MEDICAL SUPPLIES

Name	Telephone	Information
Multiple Sclerosis Helping Hands and Donor Closet	425-712-1807	<p>Mon.-Sat. 10am to 3pm</p> <p>409 Howell Way Edmonds, WA 98020</p> <p>A non-profit volunteer organization. Providing, for a suggested minimum donation, new and used - good, clean durable medical equipment and mobility equipment that will enhance the quality of life for people with special medical needs. Special resources for those with Multiple Sclerosis. Donations of equipment, volunteer and financial support gratefully accepted. info@mshelp.org</p>

## DISEASE AND ILLNESS INFO & SUPPORT GROUPS

Topic	Organization	Telephone	Website
AIDS	Lifelong AIDS alliance	206-329-6923	<a href="http://www.lifelongaidsalliance.org">www.lifelongaidsalliance.org</a> , <a href="http://www.llaa.org">www.llaa.org</a>
Alcohol & Drug Abuse	Alcohol & Drug 24-Hour Helpline	800-562-1240	<a href="http://www.adhl.org">www.adhl.org</a>
Alcohol & Drug Abuse	Alcoholics Anonymous	206-587-2838	<a href="http://www.alcoholics-anonymous.org">www.alcoholics-anonymous.org</a> , <a href="http://www.seattleaa.org">www.seattleaa.org</a>
ALS (Lou Gehrig's Disease)	ALS Association Evergreen Chapter	425-656-1650	<a href="http://www.alsa.org">www.alsa.org</a> , <a href="http://www.alsa-ec.org">www.alsa-ec.org</a>
Alzheimer's Disease	Alzheimer's Association, Western & Central Washington State Chapter	800-848-7097	<a href="http://www.alzwa.org">www.alzwa.org</a>
Alzheimer's Disease	Alzheimer's Research Center	206-764-2713	<a href="http://www.uwadc.org">www.uwadc.org</a>
Artherosclerosis	American Heart Association & American Stroke Association	888-478-7653	<a href="http://www.americanheart.org">www.americanheart.org</a>
Arthritis	Arthritis Foundation Pacific NW Chapter	800-283-7800 800-542-0292	<a href="http://www.arthritis.org">www.arthritis.org</a>
Breast Cancer	National Association of Breast Care Organizations	800-462-9273	<a href="http://www.komen.org">www.komen.org</a>
Breast Cancer	Susan G. Komen for the Cure	206-633-0303	<a href="http://www.komenseattle.org">www.komenseattle.org</a>
Cancer	American Cancer Society	800-ACS-2345	<a href="http://www.cancer.org">www.cancer.org</a>
Cancer	Fred Hutchinson Cancer Research	206-667-5000	<a href="http://www.fhcrc.org">www.fhcrc.org</a>
Cancer	National Cancer Institute	800-4-CANCER	<a href="http://www.cancer.gov">www.cancer.gov</a>
Crisis	Crisis Clinic - 24-Hour Helpline	800-621-4636	<a href="http://www.crisisclinic.org">www.crisisclinic.org</a>
Dementia	National Institutes of Health		<a href="http://www.medlineplus.gov">www.medlineplus.gov</a>
Diabetes	American Diabetes Association	888-342-2383	<a href="http://www.diabetes.org">www.diabetes.org</a>
Disease or illness by topic	Centers for Disease Control & Prevention		<a href="http://www.cdc.gov">www.cdc.gov</a>
End-of-Life Options	Compassion & Choices of Washington	206-256-1636	<a href="http://www.compassionwa.org">www.compassionwa.org</a>
Fall Prevention	National Center for Injury Prevention & Control	800-232-4636	<a href="http://www.cdc.gov/cpipec/falls">www.cdc.gov/cpipec/falls</a>
Fibromyalgia	Chronic Fatigue and Fibromyalgia Forum		<a href="http://www.co-cure.org">www.co-cure.org</a>
Grief	WICS - Widowed Information & Consultation Services	206-241-5650	<a href="http://www.kcwics.org">www.kcwics.org</a>
Hearing	Better Hearing Institute	800-327-9355	<a href="http://www.betterhearing.org">www.betterhearing.org</a>
Heart	American Heart Association & American Stroke Association	800-562-6718	<a href="http://www.americanheart.org">www.americanheart.org</a>
Huntington's Disease	Huntington's Disease Society	800-345-4372	<a href="http://www.hdsa.org">www.hdsa.org</a>
Incontinence	American Urological Council		<a href="http://www.urologyhealth.org/adult">www.urologyhealth.org/adult</a>
Lung Diseases	American Lung Association	800-586-4872	<a href="http://www.lungusa.org">www.lungusa.org</a> , <a href="http://www.alaw.org">www.alaw.org</a>
Lupus	Lupus Foundation of America Pacific NW Chapter	877-774-2992	<a href="http://www.lupus.org">www.lupus.org</a> , <a href="http://www.lupuspnw.org">www.lupuspnw.org</a>
Macular Degeneration	Association for Macular Diseases	212-605-3719	<a href="http://www.macula.org">www.macula.org</a>
Mental Health / Illness	American Association for Geriatric Psychiatry	301-654-7850	<a href="http://www.aagponline.org">www.aagponline.org</a>
Multiple Sclerosis	MS Helping Hands - MSHH	425-712-1804	<a href="http://www.mshelp.org">www.mshelp.org</a>
Multiple Sclerosis	National MS Society of Greater Washington Chapter	800-344-4867x1	<a href="http://www.nationalmssociety.org/was">www.nationalmssociety.org/was</a>
Osteoporosis	National Osteoporosis Foundation	800-223-9994	<a href="http://www.not.org">www.not.org</a>
Parkinson's Disease	Booth Gardner Parkinson's Care Center	425-899-3123	<a href="http://www.evergreenhealthcare.org">www.evergreenhealthcare.org</a>
Parkinson's Disease	Northwest Parkinson's Foundation	877-980-7500	<a href="http://www.nwpcf.org">www.nwpcf.org</a>
Parkinson's Disease	American Parkinson Disease Association, Washington Chapter	206-277-5516	<a href="http://www.waparkinsons.org">www.waparkinsons.org</a>
Stroke	National Stroke Association	800-STROKES	<a href="http://www.stroke.org">www.stroke.org</a>
Tinnitus	American Tinnitus Association	800-634-8978	<a href="http://www.ata.org">www.ata.org</a>
Vision	Community Services for the Blind & Partially Sighted	800-458-4888	<a href="http://www.csbps.com">www.csbps.com</a>
Wound Care	Wound Care Network		<a href="http://www.medicaledu.com">www.medicaledu.com</a>

SKILLED  
NURSING CAREIsland / San Juan Counties  
King County - Eastside  
King - North King & Seattle City

Name	Ad on page	Location (sorted by)	Telephone
<b>Island / San Juan Counties</b> (alpha by location)			
Careage of Whidbey		Coupeville	360-678-2273
Life Care Center of San Juan Islands		Friday Harbor	360-378-2117
<b>King County - Eastside</b> (alpha by location)			
Mission Healthcare at Bellevue	87	Bellevue	425-897-8800
Springs at Pacific Regent, The		Bellevue	425-646-3993
Bothell Health Care		Bothell	425-481-8500
Briarwood Health Center at Timber Ridge		Issaquah	425-427-5200
Issaquah Nursing & Rehabilitation	87	Issaquah	425-392-1271
Providence Marianwood	2, 3, 89	Issaquah	425-391-2800
Life Care Center of Kirkland		Kirkland	425-823-2323
Covenant Shores Health Center		Mercer Island	206-268-3000
Videll Health Care Systems		Mercer Island	206-232-6600
Mt. Si Transitional Health Center		North Bend	425-888-2129
Redmond Rehabilitation Center	39	Redmond	425-885-0808
Snoqualmie Valley Hospital Swing Bed Program		Snoqualmie	425-831-3401
<b>King - North King &amp; Seattle City</b> (alpha by location)			
Bayview Rehab & Health Center	89	Seattle-Downtown	206-301-4446
Caroline Kline Galland Home, The		Seattle-Downtown	206-725-8800
Mirabella		Seattle-Downtown	206-391-0062
Park Shore		Seattle-Downtown	206-254-1455
Kindred Seattle - First Hill		Seattle-Downtown	206-682-2661
Kindred Transitional Care & Rehab - Queen Anne		Seattle-Downtown	206-284-7012
Seattle Keiro		Seattle-Downtown	206-323-7100
Seattle Medical Post Acute Care		Seattle-Downtown	206-324-8200
Terraces at Skyline, The (PRCN)		Seattle-Downtown	206-405-4100
Ballard Care & Rehabilitation Center		Seattle-North	206-782-0100
Columbia Lutheran Home		Seattle-North	206-632-7400
Cristwood Nursing and Rehabilitation		Seattle-North	206-546-7400
Foss Home and Village		Seattle-North	206-364-1300
Health & Rehabilitation of North Seattle		Seattle-North	206-362-0303
Hearthstone, The	42	Seattle-North	206-517-2239
Ida Culver House Broadview (Era Living)	41, Back Cover	Seattle-North	206-368-3740
Kindred Seattle - Northgate		Seattle-North	206-364-2050
Saint Anne Nursing and Rehabilitation Center		Seattle-North	206-363-7733
Anderson House	42	Shoreline	206-364-9336
Kindred Nursing and Rehabilitation - Arden		Shoreline	206-542-3103
Park Ridge Skilled Nursing Center	89	Shoreline	206-363-5856
Shoreline Health & Rehabilitation Center		Shoreline	206-418-2900
Richmond Beach Rehab		Shoreline	206-546-2666

KEY: Bold listings are businesses financially supporting this Guide.

Continued on page 88

## THE BEST REHABILITATION AND SKILLED NURSING ON THE EASTSIDE KEEPS GETTING BETTER!



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SKILLED  
NURSING CAREKing - South King & West Seattle  
Kitsap County  
Pierce County

Name	Ad on page	Location (sorted by)	Telephone
<b>King - South King &amp; West Seattle</b> (alpha by location)			
Canterbury House		Auburn	253-939-0090
North Auburn Rehab & Health Center		Auburn	253-833-1260
Regency Auburn		Auburn	253-833-1740
<b>Burien Nursing and Rehabilitation Center</b>		<b>Burien</b>	<b>206-242-3213</b>
<b>Judson Park Health Center</b>		<b>Des Moines</b>	<b>888-671-3085</b>
Stafford Health Care		Des Moines	206-824-0600
<b>Wesley Homes Health Center</b>	<b>47, 76</b>	<b>Des Moines</b>	<b>206-824-3663</b>
Enumclaw Health and Rehabilitation Center		Enumclaw	360-825-2541
Avalon Care Center - Federal Way		Federal Way	253-835-7453
Garden Terrace Alzheimer's Center of Excellence		Federal Way	253-661-2226
Hallmark Manor		Federal Way	253-874-3580
Life Care Center of Federal Way		Federal Way	253-946-2273
Renton Nursing and Rehabilitation Center		Renton	425-226-4610
Talbot Center for Rehabilitation and Healthcare		Renton	425-226-7500
Leon Sullivan Health Care Center		Seattle-South	206-325-6700
Kin On Health Care Center		Seattle-South	206-721-3630
Sea Mar Community Care Center		Seattle-South	206-788-3200
Washington Center for Comprehensive Rehabilitation		Seattle-South	206-725-2800
Vashon Community Care Center		Vashon Island	206-567-4421
<b>Kenney, The</b>	<b>47</b>	<b>West Seattle</b>	<b>206-937-2800</b>
Park West Care Center		West Seattle	206-937-9750
<b>Providence Mount St Vincent</b>	<b>89</b>	<b>West Seattle</b>	<b>206-937-3700</b>
<b>Kitsap County</b> (alpha by location)			
Island Health & Rehabilitation Center		Bainbridge Island	206-842-4765
Messenger House Care Center		Bainbridge Island	206-842-2654
Bremerton Health and Rehabilitation Center		Bremerton	360-377-3951
Forest Ridge Health & Rehabilitation Center		Bremerton	360-479-4747
Stafford Healthcare at Belmont		Bremerton	360-479-1515
Life Care Center of Port Orchard		Port Orchard	360-876-8035
Stafford Healthcare at Ridgemont		Port Orchard	360-876-4461
Martha and Mary Health Services		Poulsbo	360-779-7500
Washington Veterans Home - Retsil		Retsil	360-895-4700
Northwoods Lodge		Silverdale	360-698-3930
<b>Pierce County</b> (alpha by location)			
Cottesmore of Life Care		Gig Harbor	253-851-5433
Manor Care Health Services (Gig Harbor)		Gig Harbor	253-858-8688
Rocky Bay Health Care Facility		Gig Harbor	253-884-2277
Avamere Georgian House of Lakewood		Lakewood	253-588-2146
Nisqually Valley Care Center		McKenna	360-458-3801
Washington Soldiers Home		Orting	360-893-4515

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Continued on page 90



Issaquah 425.391.2800  
www.providence.org/marianwood



West Seattle 206.937.3700  
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# SKILLED NURSING CARE

Pierce County  
Skagit County  
Snohomish County

Name	Ad on page	Location (sorted by)	Telephone
<b>Pierce County</b> (continued - alpha by location)			
Kindred Transitional Care & Rehab - Rainier Vista		Puyallup	253-841-3422
Life Care Center of Puyallup		Puyallup	253-845-7566
Linden Grove Health Care Center		Puyallup	253-840-4400
Puyallup Nursing and Rehabilitation Center		Puyallup	253-845-6631
Alaska Gardens Health and Rehabilitation		Tacoma	253-476-5300
Avamere Heritage Rehabilitation of Tacoma		Tacoma	253-474-8456
Avamere Skilled Nursing of Tacoma		Tacoma	253-475-2507
<b>Franke Tobey Jones</b>		<b>Tacoma</b>	<b>253-752-6621</b>
Heartwood Extended Healthcare		Tacoma	253-472-9027
Kindred Transitional Care and Rehab - Lakewood		Tacoma	253-581-9002
Manor Care Health Services (Tacoma)		Tacoma	253-474-8421
<b>Orchard Park Health Care</b>	<b>91</b>	<b>Tacoma</b>	<b>253-475-4611</b>
Park Rose Care Center		Tacoma	253-752-5677
Tacoma Nursing and Rehabilitation Center		Tacoma	253-581-2514
<b>Tacoma Lutheran Retirement Community</b>	<b>50</b>	<b>Tacoma</b>	<b>253-752-7112</b>
University Place Care Center		Tacoma	253-566-7166
<b>Skagit County</b> (alpha by location)			
Fidalgo Care Center		Anacortes	360-293-3174
San Juan Rehabilitation and Care Center		Anacortes	360-293-7222
Prestige Care & Rehabilitation - Burlington		Burlington	360-755-0711
Life Care Center of Mount Vernon		Mount Vernon	360-424-4258
Mira Vista Care Center		Mount Vernon	360-424-1320
Life Care Center of Skagit Valley		Sedro-Woolley	360-856-6867
<b>Snohomish County</b> (alpha by location)			
Regency Health & Rehabilitation		Arlington	360-403-8247
Aldercrest Health and Rehabilitation Center		Edmonds	425-775-1961
Prestige Care and Rehabilitation of Edmonds		Edmonds	425-778-0107
Bethany at Pacific		Everett	425-259-5508
Bethany at Silver Lake		Everett	425-338-3000
Everett Care & Rehabilitation Center		Everett	425-513-1600
Everett Transitional Care Services		Everett	425-258-7552
Forest View Transitional Health Center		Everett	425-258-4474
<b>Sunrise View Rehabilitation / Skilled Nursing</b>	<b>54</b>	<b>Everett</b>	<b>425-353-4040</b>
Emerald Hills Rehabilitation and Skilled Nursing		Lynnwood	425-776-5512
ManorCare Health Services (Lynnwood)		Lynnwood	425-775-9222
Mountain View Skilled Nursing		Marysville	360-659-1259
Marysville Care Center		Marysville	360-659-3926
Regency Care Center at Monroe		Monroe	360-794-4011
Merry Haven Health Care		Snohomish	360-568-3161
Josephine Sunset Home		Stanwood	360-629-2126
<b>Warm Beach Health Care Center</b>		<b>Stanwood</b>	<b>360-652-7585</b>

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Continued on page 91



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## SKILLED NURSING CARE

Thurston County  
Whatcom County

Name	Ad on page	Location (sorted by)	Telephone
<b>Thurston County</b> (alpha by location)			
Manor Care Health Services (Lacey)		Lacey	360-491-9890
Panorama City Convalescent & Rehab Center		Lacey	360-456-0111
Roo-Lan Healthcare Center		Lacey	360-491-1765
Evergreen Nursing and Rehabilitation Center		Olympia	360-491-9700
Olympia Manor		Olympia	360-943-0910
<b>Providence Mother Joseph Care Center</b>	<b>2, 3</b>	<b>Olympia</b>	<b>360-493-4900</b>
Puget Sound Healthcare Center		Olympia	360-754-9792
<b>Whatcom County</b> (alpha by location)			
Alderwood Park Convalescent Center		Bellingham	360-733-2322
Bellingham Health Care & Rehabilitation Services		Bellingham	360-734-9295
Highland Care Center		Bellingham	360-734-4800
Mt. Baker Care Center		Bellingham	360-734-4181
North Cascades Health and Rehabilitation Center		Bellingham	360-398-1966
Shuksan Healthcare Center		Bellingham	360-733-9161
St. Francis Extended Health Care		Bellingham	360-734-6760
Staholt Good Samaritan Center		Blaine	360-332-8733
Christian Health Care Center		Lynden	360-354-4434

KEY: Bold listings are businesses financially supporting this Guide.



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**HOUSING AND CARE REFERRAL SERVICE**





### **The average length of stay in a nursing home has declined dramatically**

result of wellness. The goal of the staff at the nursing home is to help each resident to improve their ability to manage their own activities of daily living and/or to become predictably and medically stable.

Because social workers within nursing settings help thirty or more seniors discharge from the nursing home each month, they no longer have the time to know the ins-and-outs of each of the housing and care options available in the community. They may offer the names of several homes or communities they know, but these options may not be the very best matches available in the community.

**To be certain that you are considering all of your options, call upon CHOICE to help you. Our services are available at no charge to you. Call 800-361-0138 any day of the week from 8:30AM to 8:30PM. ■**

## **SKILLED NURSING FOR REHAB AND RECUPERATIVE CARE**

### **Nursing homes aren't what they used to be.**

Twenty years ago, older adults moved into nursing homes as a permanent living situation. Although a small section of most every nursing home still offers long-term care, the trend over the past two decades has been to switch to short-term housing for seniors with much more emphasis placed on therapies and services that will allow a person to gain strength and regain their independence.

At the nursing home, a person can receive physical, occupational and speech therapy five or even more times each week. Under the supervision of trained staff and clinicians, medications can be changed and balanced to yield the optimum





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The database, this information and the laws regarding these matters may change. To obtain current and accurate information, discuss these topics with your trusted financial or legal professional. You are encouraged to seek assistance of an Attorney to give you guidance based on your specific needs and preferences.

The senior housing & care industry as well as the health care industry refer to this document as a "DPOA".

The term "durable" defines this legal document as one that it is to remain in effect in the event you become mentally incapacitated. In almost all cases, we see that older adults in Washington State create Durable Power of Attorney (DPOA) documents as opposed to Power of Attorney (POA) documents. The latter document would not be effective if an older adult were no longer able to communicate due to loss of the ability to speak or loss of mental capacity.

A DPOA can be written to take effect immediately or at a specific time in the future. The time at which this document can be set to go into effect may be stated as a specific date or at a specific point in time such as "when a doctor indicates in writing that the older adult is no longer able to make decisions on their own". The DPOA becomes invalid at the time of the principal adult's passing. After death, other legal documents such as a will or trust would come into effect.

A DPOA document must be written and signed at a time when the older adult has the capacity to understand the rights they are granting to someone. Procrastinating or waiting until such a document is needed may come too late due to the progression of a disease, memory loss or mental illness. Without a DPOA, the only alternative may be to obtain a

## • ABOUT DURABLE POWER OF ATTORNEY

**Powers of Attorney documents allow a designated person to care for your affairs if you cannot.**

Powers of Attorney documents allow a designated person to care for your affairs if you cannot. The powers may be limited to the authority to sell a house, for example, or may be broad and general without any written limitation. Often, the "principal" (the person who signs the document) appoints his or her spouse, or adult child to serve as their agent or "attorney-in-fact". Your agent does not need to be a family member. Under the law, your representative will be held to a high standard to act in your best interest.

Visit this site to read about Washington State laws regarding Power of Attorney:

<http://apps.leg.wa.gov/RCW/default.aspx?cite=11.94>

Guardianship, which can be a costly and time-consuming process.

A DPOA is a legal document and may be written in a way which gives the agent the authority to manage all of the older adult's financial and health care decisions, yet it is prudent to also list any authorizations being granted for specific, allowable transactions such as: the power to define one or more beneficiaries on a life insurance policy or the power to gift money or other assets. **To reduce the possibility that any business or entity would contest the validity of this document, it should be signed in front of a notary public.** You need not file this document with a county unless there is concern that the transaction of land may occur.

Depending upon whether you are interacting with health care professionals or an attorney or a senior housing provider, the title of the person who holds DPOA may be: agent, representative, "DPOA," or attorney-in-fact.

Regardless of what language appears in a DPOA document, an older adult may not give an agent the authority to create or make changes to a will or trust.

Making the decision of when and how to grant DPOA is not something to be taken lightly. Although it is possible to create such documents via internet sites or to obtain blank forms through social service or special interest web sites, older adults are likely to benefit from working with an attorney who can appropriately pose questions to create a document which correctly reflect their exact wishes.

There are inherent risks in giving someone authority to make critical decisions on your behalf. Although an agent is not allowed to use an older adult's property for his or her own benefit (unless expressly stated that he/she may do so within the DPOA document) an untrustworthy agent could inappropriately spend or give away the older adult's money and assets. If a trustworthy candidate is not available in the family or network of friends of the older adult, then power of attorney should not be extended and a discussion should occur immediately with an attorney to put into place specific protections for your situation.

The DPOA document is sometimes confused with Advance Directives, or explanations of what

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**Regardless of what language appears in a DPOA document, an older adult may not give an Agent the authority to create or make changes to a Will or Trust.**

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life-sustaining procedures someone would want or would not want should they be unable to convey their wishes at the time the procedures are needed. The overall concept of end-of-life planning encompasses not only Advanced Directives, but also the POLST form. Special consideration should be given as to whether an additional mental health advance directive should accompany the DPOA in the event that certain treatments or procedures become necessary. Link to the Washington State Medical Association info about POLST (Physicians Orders for Life Sustaining Treatments) at <http://www.wsma.org/patients/polst.html>

A DPOA can be granted to a single individual or to multiple individuals. The manner in which the agent's or agents' name(s) appear is critical in how the DPOA will be followed. The options an older adult may choose are:

1. Giving DPOA to one primary individual
2. Giving DPOA to one individual and name a secondary individual in the event of the primary's unavailability or death
3. Giving DPOA jointly to two or more DPOAs who must be in agreement on all decisions
4. Giving DPOA jointly to two or more DPOAs who are able to make certain financial or health care decisions as outlined in the document
5. Giving DPOA jointly to two or more DPOAs

## ABOUT DURABLE POWER OF ATTORNEY... CONTINUED

who are able to make decisions without involvement of the other jointly appointed agents.

**6.** Other configurations as denoted by the older adult in their DPOA document.

Special attention should be given to deciding whether appointing two or more agents will create conflict or confusion.

A DPOA document may be canceled at any time by the older adult. A specific form exists to cancel this document, and written notice should be given to the agent and to anyone who has been interacting with the agent. If the original document was filed with the county, then the cancellation of this DPOA should also be notarized and filed.

It is common for people to misinterpret the power they are granted via a DPOA document. Senior housing & care providers as well as health care providers will continue to balance out the requests and preferences of the older adult, even if he/she has significant memory impairment or mental health issues. Although a DPOA has significant input, decision-making is still based on the older adult's wishes. Only if a guardianship exists can a senior living provider or healthcare provider take direction solely from the guardian and not from the older adult.

In the unfortunate instance of suspected or actual financial abuse, the court system can demand an accounting from the agents. The court can also modify or even remove the agent. Because these matters can be complicated, it is wise to enlist the help of an Elder Law or Estate Planning Attorney. For additional information you may choose to visit the website for the National Association of Elder Law Attorneys: <http://www.naela.org> and click on "Find an Attorney"; or visit the CHOICE Advisory web site to locate attorneys marketing their services to the public.

**Washington LawHelp** is an organization designed



to help low-income individuals find solutions to civil legal problems. Go to the section named "Questions and Answers on Powers of Attorney" and scroll to the bottom of the document to find access to free templates for Durable Power of Attorney, Certification of Incapacity, a Limited Purpose Power of Attorney and Revocation of Power of Attorney.

**Senior Services of King County** (usable in any county in Washington) has a template document available for a Durable Power of Attorney as well as a template for the Cancellation of a Power of Attorney at <http://www.seniorservices.org/financiallegalprograms/SeniorRightsAssistance/PowerofAttorney.aspx>

**The Northwest Justice Project (NJP)** is a not-for-profit statewide organization that provides free legal services to low-income people from 17 offices throughout the state of Washington. 206-464-1519 or <http://www.nwjustice.org> ■

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## ATTORNEYS &amp; ELDER LAW

Name	Ad on page	Contact	Telephone	Elder Law	Estate Planning	Guardianship	Medicaid	Probate	Will, trusts, living wills	Home visits
Byrd Garrett PLLC		Geoffrey H. Garrett	206-363-0123	■	■		■	■	■	■
Dussault Law Group		Barbara J. Byram Christopher M. Henderson	206-324-4300	■	■	■	■	■	■	■
Eggerman Law Firm PS		Stephen A. Eggerman	425-828-9509	■	■	■	■	■	■	■
Flaccus Law		Karl Flaccus	206-523-0297		■	■		■	■	■
Gregorek and Associates, PLLC	98	Rick Gregorek	425-284-3450	■	■	■	■	■	■	■
Hickman Menashe, PS	97	William S. Hickman	425-744-5658	■	■	■	■	■	■	■
Holm Law		Ed Holm	360-943-6933	■	■			■	■	■
Jeppesen Gray Sakai PS	97	Eric V. Jeppesen	425-454-2344	■	■		■	■	■	■
Law Office of Paulette Peterson, PLLC		Paulette Peterson	206-855-9293	■	■	■		■	■	■
Law Offices of George Edensword-Breck		George Edensword-Breck	206-624-3718	■	■	■	■	■	■	■
Law Office of Tracie L. Wall & Associates, PS	114	Tracie L. Wall	425-275-9555	■	■			■	■	■
Smith Ailing, P.S.		Robert L. Michaels	253-627-1091	■	■		■	■	■	■
Stephen M. Walter, PS		Stephen M. Walter	425-455-6788	■	■		■	■	■	■

See page 132 for Key



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- Budgeting and expense reporting
- Coordinating with advisors and attorneys
- Acting as power of attorney
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**FINANCIAL SERVICES**

Name	Ad on Page	Location	Telephone	Acctg, Bookkeeping & CPA Services	Annuities	Bill Paying & Daily Money Mgmt	Certified Financial Planner	Estate or Financial Planning	Insurance - Life Insurance	Insurance - Long-term Care	Medicaid Planning	Tax Planning	Tax Preparation	Trusts	Veterans Benefits
Don Smith, ChFC Emerald Capital Preservation, Inc. Chartered Financial Consultant	99, 121	Washington	425-773-8800		■			■	■	■	■			■	■
Jean D Perry, CPA, CFP jean@perrycpa.com	99	Eastside	425-292-0412	■		■	■	■				■	■	■	
Law Office of Tracie L. Wall & Associates, PS	114	Washington	425-670-1560												■
MCP & Bookkeeping Services, Inc.		Olympia Shelton Centralia	360-943-5071	■		■								■	
New York Life, David Hernandez		Washington	425-238-9135		■			■	■	■					
Peter Cook, C & C Consulting		Washington	425-576-4260		■						■				
Ted Markow, CPA, CFP, CLU Markow Financial Group, Inc.		Washington	888-547-5713	■			■	■	■	■	■				

See page 132 for Key

**GERIATRIC CARE & CASE MGMT / MENTAL HEALTH / GEROPSYCH**

Name	Title or Information	Phone	In-patient	Out-patient	Home visits
<b>Mental Health Specialists and Therapy</b>					
Affiliated Mental Health	Offering case mgmt and therapy affiliatedmentalhealth.com	206-322-5258		■	■
Evergreen Geriatric Regional Assessment Team	Crisis intervention service in King County 60+ years	206-923-6300			■
Evergreen Healthcare In-Home Mental Health Program	Primarily King, and limited Snohomish County	800-548-0558			■
Overlake Outpatient Psychiatric Clinic	Evaluation and medication management	425-688-5675		■	
Samaritan Center of Puget Sound	Mental Health Therapy Services	206-527-2266		■	
Senior Services - Geriatric Depression Screening Program	Mental Health Program Support	800-422-2024		■	■
Senior Services of Snohomish County	Older adult mental health, geriatric depression screening - 60 years +	425-290-1260			■
Sound Mental Health 800-828-1449	Mental Health Svcs for older adults	206-302-2300		■	■
University of WA Memory Disorder Clinic	Located on Roosevelt Way	206-598-7792		■	
<b>In-patient Geropsychiatry</b>					
Auburn Regional Medical Center	The Regional Behavioral Health Center	253-804-2813	■		
Highline Geriatric Psychiatry		206-248-4713	■	■	
Northwest Hospital GeroPsychiatric Center		206-368-1813	■		
Western State Mental Hospital		253-582-8900	■		
<b>Case &amp; Care Managers</b>					
Andelcare	Assessments and care management	800-319-5979			■
CareForce	Geriatric needs assessment and care management	877-426-8800			■
Fedelta Care Solutions	Providing wellness visits and care advocacy	206-362-2366		■	■
Full Life Care	King & Snohomish, care consultations, transportation, activity & adult day services	206-528-5315		■	■
Meyer Care Management, LLC	Care Management, Geriatric Assessments and Counseling	206-669-7002		■	■
Sound Options	Offering RN & MSW Care Management & Elder Care Coaching for 25 years	800-628-7649		■	■

# Professional Fiduciary Services

## Is one Right for You?



**When you or a loved one needs assistance due to aging, Alzheimer's dementia, developmental delay, mental illness, substance abuse, or some other disability, a professional fiduciary can guide you or your loved one through basic life, health, and financial choices.**

Each individual client has unique needs. A professional fiduciary works with each client and her family to provide necessary care services to the client in the least restrictive manner possible, ranging from basic powers of attorney and trusteeship to full guardianship or co-guardianship with client family members.

**Caring for aging or incapacitated relatives or friends can be daunting.** Adult children suddenly find themselves pulled by the needs of their own children and the needs of their aging parents. Or, family members sometimes disagree on how best to care for their loved ones in need.

Professional fiduciaries offer experience and objectivity to help caregivers see beyond challenging situations and focus on the client's long-term needs. They guide people past emotional challenges to allow people to find the best options available.

### Financial Management

Financial management services can be provided by professional attorney-in-facts, guardians, or trustees. Services are crafted to meet the needs of the client and range from simple assistance with the payment of bills to accounting services and the management of investment portfolios and real property.

### Health Care and Personal Decisions

A professional fiduciary helps guide and counsel clients and their loved ones through the often emotionally traumatic choices that affect their lives. Often the fiduciary consults and coordinates with the client's physicians, nurses, and therapists to ensure that health and personal decisions are consistent with the client's preferences.

### Residential Options

Helping a relative or friend in need maintain the greatest degree of residential independence can be challenging.

The professional fiduciary works with the client and their loved ones to find ways to prolong independence in the client's own home or with family members and when that is no longer possible, clients and caregivers can rely on the knowledge and expertise of the professional fiduciary in evaluating and locating the better adult family homes, assisted living facilities, and nursing homes in the area.

### Choosing the Right Professional Fiduciary

Professional fiduciaries are as unique as the client's they serve. How do you find the right fiduciary to assist you or your loved one? Social workers, facility administrators, and attorneys can often provide referrals to the leadings professional fiduciaries in a geographical area. Schedule face to face interviews with potential candidates and look for the following essential characteristics: a professional whose first priority is always what is best for the client's welfare, professionalism, education, and clinical experience.

Finding the right professional fiduciary to assist you or your loved ones in transition is one of the most important decisions families and caregivers will ever make. You owe it to yourself and your loved ones to see how a professional fiduciary may help bring respect, dignity, caring and peace of mind to you.

---

**Puget Sound Guardians**  
Guardian and Trustee Services

Bothell 425-952-2600 • Everett 425-303-2505  
[info@pugetsoundguardians.org](mailto:info@pugetsoundguardians.org)



## Puget Sound Guardians

Guardian and Trustee Services



- Guardianship person & estate
- Trustee services
- Power of attorney
- Case management
- Home & asset management

- Residential planning
- Financial professionals
- Accounting related services
- Benefit application experts
- A non-profit corporation

**Bothell 425-952-2600**

**Everett 425-303-2505**

[info@pugetsoundguardians.org](mailto:info@pugetsoundguardians.org)

### GUARDIANSHIP SERVICES

Name	Ad on pg.	Telephone	Information
Partners In Care		206-525-2729	<a href="http://www.partners-in-care.org">www.partners-in-care.org</a>
Puget Sound Guardians	101, 102	425-952-2600	Serving King, Pierce, and Snohomish <a href="http://www.pugetsoundguardians.org">www.pugetsoundguardians.org</a>
Senior Guardianship Services, LLC		360-943-7413	Serving Thurston, Mason, and Lewis County <a href="http://www.seniorguardianship.com">www.seniorguardianship.com</a>

## Questions about Medicare?

*Talk to a real person for FREE, UNBIASED help*

Call a Statewide Health Insurance Benefits Advisor (SHIBA) volunteer today!

**1-800-562-6900**

Ask to speak with a SHIBA volunteer in your local area

SHIBA is a free service of the:

**I** Washington State  
Office of the  
Insurance Commissioner

[www.insurance.wa.gov/shiba](http://www.insurance.wa.gov/shiba)



## MOVING &amp; ORGANIZING SERVICES

Name	Ad on Page	Telephone	Information
A Smoother Move	104	206-552-0509	Customized transitions and relocation services. Free consultation. See ad on page 104 <a href="http://www.asmoothermove.com">www.asmoothermove.com</a>
Caring Transitions	103	206-330-0878	A professional resource for household liquidation & relocation services. Web: <a href="http://EstateMoveBallardWA.com">EstateMoveBallardWA.com</a>
NextStep Transitions	103	206-276-7271	Downsizing, Move Management & Liquidation Services. We take care of the details and reduce the stress of moving. <a href="http://www.nextsteptransitions.com">www.nextsteptransitions.com</a>
Rightsizing for Seniors		206-962-0015 206-794-2696	Whether moving or aging-in-place, local move managers you can trust to help plan, rightsize & settle in. Estate & appraisal services. Free consultation. <a href="http://www.rightsizingforseniors.com">www.rightsizingforseniors.com</a>

Need Help with a Senior Move,  
Downsizing or Estate Sale?

Caring Transitions is the leader in relocation and liquidation services, helping families through a stressful and often financially difficult time. Families trust us to facilitate the entire moving and liquidation process keeping the family's best interests at heart.



- Develop & execute transition plan
- Locate & sort personal belongings
- Take inventory & promote sale of items
- Pack, unpack & ship heirlooms
- Map out floor plan of new residence
- Prepare new home for resettling
- Clean & prepare home for sale



[www.EstateMoveBallardWa.com](http://www.EstateMoveBallardWa.com)

(206) 330-0878 | [JBlack@CaringTransitions.net](mailto:JBlack@CaringTransitions.net)

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- Selling your home
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sandyflynn@cbbain.com



**BAIN**

## REAL ESTATE SERVICES

Business / Proprietor Name	Ad on page	Specialty	Telephone	Description	Description									
					Island / San Juan	King	King - Eastside	King - North & Seattle	King - South & West	Kitsap	Pierce	Skagit	Snohomish	Thurston
C & K Real Estate Team	105	SRES	425-239-1184	After working with his mom, Keith's mission is to be a free real estate resource for seniors.				■				■	■	
Cypress Transitions	105	CRS, MCNE, SRES	206-999-6949	Working with home sellers in crisis and non-crisis situations to maximize value and minimize stress.		■	■	■	■					
Debi Bloomquist, Windermere www.DebiBloomquist.com	105	ABR, CRS, IMS, SRES, STS	425-501-1000	More than just a Realtor, your resource for the entire selling process. Call me today to get moving...									■	
Coldwell Banker Bain: Sandy Flynn and Barb Simonson	104	Senior Real Estate Specialists	425-698-3387	If you are looking with someone with experience, integrity and passion for helping people, call us!			■							

## We know how important it is to you to sell your house quickly and for the most amount of money

**C & K Real Estate performance according to the MLS:**

**C & K Real Estate Team** ██████████ = 22 Days on Market!

**Snohomish County Sales** ██████████ = 71 Days on Market

**C & K Real Estate Team** ██████████ 102.18% of Sales Price

**Snohomish County Sales** ██████████ 99.21% of Sales Price



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## QUICK & CONFIDENT HOME SALE PROGRAM

Addressing the Needs of Clients in Both  
Crisis and Non-Crisis Situations



### CRISIS SITUATIONS

- A cash purchase offer with a closing date within 2 to 4 weeks
- The ability to sell the home in "as is" condition with no repairs needed
- Coordination of packing and moving services

Take what you want and  
leave the rest!

### NON-CRISIS SITUATIONS

- Home sold and funds typically available within 90-120 days\* (sometimes sooner!)
- Concierge Services to coordinate:
  - Professional organizers/planners
  - Quality moving services
  - Handyman services
  - Efficient cleaning team

\* Clients may request a proposal for a quick sale at any time. Quick sale prices are lower than what may otherwise be available with more market time.

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youmove@cypressrealestate.com.



As a Windermere Seniors Transitions Specialist, I'm in tune with the challenges senior clients face when they sell a family home to move into a senior community or smaller residence.

### More than just a Realtor...

My goal is to make your transition simple and easy. Let me be your resource for the entire selling process.

*Call me Today  
to get moving...*



**425-501-1000**

Windermere Real Estate/M2, LLC

Debi@DebiBloomquist.com



# TRANSPORTATION OPTIONS

Name	Telephone	Website
<b>Island County</b>		
Volunteer Services Program	360-678-4886	
<b>King County</b>		
Access, King County Metro	206-263-3113	metro.kingcounty.gov
Hyde Shuttles	206-727-6262	www.seniorservices.org
King County Metro	206-287-8463	metro.kingcounty.gov
Senior Services Nutrition Coordination	206-448-5740	www.seniorservices.org
Sound Transit	206-398-5000	www.soundtransit.org
Volunteer Transportation	206-448-5740	www.seniorservices.org
<b>Pierce County</b>		
Pierce Transit	253-581-8000	www.piercetransit.org
Pierce Transit SHUTTLE	253-581-8100	www.piercetransit.org/shuttle.htm
Sound Transit	253-572-5484	www.soundtransit.org
<b>San Juan County</b>		
Transportation Voucher Program	360-370-7512	www.sanjuanco.com/publictransport
<b>Skagit County</b>		
Dial-A-Ride	877-584-7528	www.skagittransit.org
Medicaid Transportation Program	800-860-6812	www.nwrcwa.org
Skagit Transit	360-757-4433	www.skagittransit.org
Volunteer Services Program	360-416-7585	skagitcap.org
<b>Snohomish County</b>		
Catholic Community Services	425-257-2111	www.ccsww.org
DART (Dial-A-Ride Transportation)	425-347-5912	www.sssc.org/dart.htm (or) www.dialaride.org
Dial-A-Ride	360-427-5033	www.dialaride.org
Everett Paratransit	425-257-8801	www.everettwa.org
Transportation Assistance Program (TAP)	425-423-8517	www.sssc.org/tap.htm
<b>Thurston County</b>		
Intercity Transit	360-786-1881	www.intercitytransit.org
Senior Services for South Sound	360-586-6181	www.southsoundseniors.org
VA Puget Sound Health Care System	206-762-1010	www.puget-sound.med.va.gov
<b>Whatcom County</b>		
Whatcom Transit Authority	360-733-1144	www.ridewta.com

## SENIOR CENTERS

Name	Telephone	Address	City	Zip
<b>Island County</b>				
Camano Senior Center	360-387-0222	606 Arrowhead Rd	Camano Island	98282
South Whidbey Bayview Senior Center	360-321-1600	14594 SR 525	Langley	98260
Oak Harbor Senior Center	360-279-4580	51 SE Jerome St	Oak Harbor	98277
<b>King County - Eastside</b>				
North Bellevue Community Center	(425) 452-7681	4063 - 148th Ave NE	Bellevue	98007
Sno-Valley Senior Center	(425) 333-4152	4610 Stephens Ave	Carnation	98014
Issaquah Valley Senior Center	(425) 392-2381	75 NE Creek Way	Issaquah	98027
Peter Kirk Community Center	(425) 587-3360	352 Kirkland Ave	Kirkland	98033
Community Center at Mercer View	(206) 275-7609	8236 SE 24th St	Mercer Island	98040
Mercer Island Senior Program	(206) 275-7752	2040 - 84th Ave SE	Mercer Island	98040
Stroum Jewish Community Center	(206) 232-7115	3801 E Mercer Way	Mercer Island	98040
Mt Si Senior Center	(425) 888-3434	411 Main Ave S	North Bend	98045
Redmond Senior Center	(425) 556-2314	8703 - 160th Ave NE	Redmond	98052
<b>King County - North &amp; Seattle</b>				
Northshore Senior Center	(425) 487-2441	10201 E Riverside Dr	Bothell	98011
Kenmore Senior Center (a Northshore Sr. Ctr branch)	(425) 489-0707	6910 NE 170th St	Kenmore	98028
Ballard Northwest Senior Center	(206) 297-0403	5429 - 32nd Ave NW	Seattle	98107
Central Area Senior Center	(206) 726-4926	500 - 30th Ave S	Seattle	98144
Chinese Senior Day Care Center/ Sunshine Gardens	(206) 624-5633 x 4121	611 S Lane St	Seattle	98104
Greenwood Senior Center	(206) 297-0875	525 N 85th St	Seattle	98103
International Drop-in Center Filipino Senior Services Ctr	(206) 587-3735	7301 Beacon Ave S	Seattle	98108
Pike Market Senior Center	(206) 728-2773	85 Pike Street, Ste #200	Seattle	98101
Wallingford Community Senior Center	(206) 461-7825	4649 Sunnyside Ave N, Ste #140	Seattle	98103
Shoreline/Lake Forest Park Senior Center	(206) 365-1536	18560 - 1st Ave NE, #1	Shoreline	98155

Continued on page 108



## SENIOR CENTERS

continued

Name	Telephone	Address	City	Zip
<b>King - South &amp; West Seattle</b>				
Auburn Senior Activity Center	(253) 931-3016	808 - 9th SE	Auburn	98002
Federal Way Senior Center	(253) 838-3604	4016 S 352nd	Auburn	98001
Muckleshoot Indian Tribe Senior Center	(253) 939-3311	39015 - 172nd Ave SE	Auburn	98092
Black Diamond Senior Center	(360) 886-2418	31605 - 3rd Ave	Black Diamond	98010
Des Moines Senior Center	(206) 878-1642	2045 S 216th St	Des Moines	98198
Enumclaw Senior Activity Center	(360) 825-4741	1350 Cole St	Enumclaw	98022
Federal Way Community Center	(253) 835-6900	876 S 333rd St	Federal Way	98003
Kent Senior Activity Center	(253) 856-5150	600 E Smith St	Kent	98030
Greater Maple Valley Community Center	(425) 432-1272	22010 SE 248th St	Maple Valley	98038
Pacific/Algona Senior Center	(253) 929-1150	100 - 3rd Ave SE	Pacific	98047
Renton Senior Activity Center	(425) 430-6633	211 Burnett Ave N	Renton	98057
Seatac Senior Program at Seatac Community Center	(206) 973-4690	13735 - 24th Ave S	Seatac	98168
Burien Senior Program at Burien Community Center	(206) 988-3700	14700 6th Ave SW	Burien	98166
High Point Community Center	(206) 684-7422	6920 - 34th Ave SW	Seattle	98126
International Nutrition Site - Meiji-Kai	(206) 322-4550	Kawabe Memorial House/221-18th Ave S	Seattle	98144
Salvation Army Senior Center	(206) 763-8842	9002 - 16th Ave SW	Seattle	98106
South Park Neighborhood Center	(206) 767-3650	8201 - 10th Ave S	Seattle	98108
Southeast Seattle Senior Center	(206) 722-0317	4655 S Holly St	Seattle	98118
Senior Center of West Seattle	(206) 932-4044	4217 SW Oregon	Seattle	98116
<b>Kitsap County</b>				
Bainbridge Island Senior Community Center	(206) 842-1616	370 Brien Dr SE	Bainbridge Island	98110
Bremerton Senior Recreation Center	(360) 473-5357	1140 Nipsic Ave	Bremerton	98310
West-Side Senior Center	(360) 479-5588	702 S. Charlotte Ave	Bremerton	98312
Port Gamble S'Klallam Senior Center	(360) 297-4858	32020 Little Boston Rd NE	Kingston	98346
Givens Senior Center	(360) 337-5734	1026 Sidney Ave	Port Orchard	98366
North Kitsap Senior Center	(360) 779-5702	18972 Front St NE	Poulsbo	98370
Suquamish Tribe Elders' Lodge	(360) 598-6883	PO Box 498	Suquamish	98392
<b>Mason County</b>				
Mason County Senior Activities Association	(360) 426-7374	190 W Sentry Dr	Shelton	98584

Continued on page 109

## SENIOR CENTERS

continued

Name	Telephone	Address	City	Zip
<b>Pierce County</b>				
Bonney Lake Senior Center	(253) 863-7658	19304 Bonney Lk Blvd	Bonney Lake	98391
Buckley Senior Citizens Ctr	(360) 829-0190	811 River Ave	Buckley	98321
Eatonville Family Agency	(360) 832-6805	305 West Center St	Eatonville	98328
Fife Community Center	(253) 922-0900	2111 - 54th Ave East	Fife	98424
Key Peninsula Community Services	(253) 884-4440	17015 - 9th St Ct KPN	Lakebay	98349
Lakewood Senior Activity Center	(253) 798-4090	9112 Lakewood Dr SW	Lakewood	98499
Tillicum/American Lake Gardens Commty Service Ctr	(253) 584-1280	14916 Washington Ave SW	Tacoma	98498
Milton Activity Center	(253) 922-6586	1000 Laurel	Milton	98354
Orting Senior Center	(360) 893-5827	120 Washington Ave N	Orting	98360
Puyallup Activity Center	(253) 841-5555	210 West Pioneer	Puyallup	98371
Salvation Army SAC (Senior Activity Center)	(253) 841-1491	4009 - 9th St SW	Puyallup	98373
Rainier Senior Center	(360) 446-2258	108 Michigan St S	Rainier	98576
Spana-Park Senior Center	(253) 537-4854	325 - 152nd St E	Spanaway	98387
Steilacoom Community Ctr/ Senior Programs	(253) 581-1076	2301 Worthington St	Steilacoom	98388
Sumner Senior Center	(253) 863-2910	15506 - 62nd St Ct E	Sumner	98390
Beacon Activity Center	(253) 591-5083	415 S 13th St	Tacoma	98402
Lighthouse Senior Center	(253) 591-5080	5016 East "A" St	Tacoma	98408
Mid-County Community Center	(253) 531-8412	10405 - 44th Ave E	Tacoma	98446
Point Defiance/Ruston Senior Center	(253) 756-0601	4716 N Baltimore	Tacoma	98407
University Place Senior Community Center	(253) 564-1992	2534 Grandview Dr	University Place	98466
Key Peninsula Senior Society	(253) 884-3456	17010 S Vaughn Rd	Vaughn	98394
<b>San Juan County</b>				
Orcas Island Senior Center	360-376-2677	62 Henry Rd	Eastsound	98245
San Juan Senior Services, Mullins Center	360-378-2677	589 Nash St	Friday Harbor	98250
Lopez Island Senior Center	360-468-2421	4102 Fisherman Bay Rd	Lopez	98261
<b>Skagit County</b>				
Anacortes Senior Center	(360) 293-7473	1701 22nd St	Anacortes	98221
Burlington Senior Center	(360) 755-0102	1011 Greenleaf	Burlington	98233
Concrete Senior Center	(360) 853-8400	45821 Railroad Ave	Concrete	98237
Mount Vernon Senior Center	(360) 336-5757	1401 Cleveland St	Mount Vernon	98273
Sedro-Woolley Senior Center	(360) 855-1531	715 Pacific	Sedro-Woolley	98284

Continued on page 110

SENIOR CENTERS continued

Name	Telephone	Address	City	Zip
<b>Snohomish County</b>				
Stillaguamish Senior Center	(360) 653-4551	18308 Smokey Point Blvd	Arlington	98223
Cascade Senior Center	(360) 436-0646	1115 Darrington St	Darrington	98241
South County/Edmonds Senior Center	(425) 774-5555	220 Railroad Ave, PO Box 717	Edmonds	98020
Everett Senior Citizens Center	(425) 257-8780	3025 Lombard Ave	Everett	98201
Filipino Seniors Group	(425) 514-3185	11627 Airport Rd S, Ste "F"	Everett	98204
Hispanic/Latino Seniors Group	(425) 514-3186	11627 Airport Rd S, Ste "F"	Everett	98004
Chinese Senior Group	(425) 290-1249	11627 Airport Rd S, Ste "F"	Everett	98204
Korean Senior Group	(425) 290-1274	11627 Airport Rd S, Ste "F"	Everett	98204
Vietnamese Senior Center	(425) 290-1256	11627 Airport Rd S, Ste "F"	Everett	98204
Granite Falls Senior Center	(360) 691-7177	302 S Granite Ave	Granite Falls	98252
Lake Stevens Senior Center	(425) 335-0345	2302 Soper Hill Rd	Lake Stevens	98258
Lynnwood Senior Center	(425) 670-5050	19000 44th Ave W	Lynnwood	98036
Marysville Senior Center - Ken Baxter Sr Comm Ctr	(360) 363-8450	514 Delta Ave	Marysville	98270
Mill Creek - Northshore Senior Center	(425) 948-7170	15720 Main St, Ste #210	Mill Creek	98012
Mill Creek Seniors Club	(425) 357-1260	15728 Mill Creek Blvd City Hall	Mill Creek	98012
East County Senior Center	(360) 794-6359	276 Sky River Parkway	Monroe	98272
Mountlake Terrace Senior Center	(425) 672-2407	5605 - 235th St SW	Mountlake Terr	98043
Mukilteo Senior Center	(425) 263-8180	304 Lincoln Ave	Mukilteo	98275
Snohomish Senior Center	(360) 568-0934	506 4th St, PO Box 1426	Snohomish	98290
Stanwood Community and Senior Center	(360) 629-7403	7430 - 276th St NW	Stanwood	98292
Tulalip Tribal Senior Center	(360) 716-4684	7300 Totem Beach Rd	Tulalip	98271
<b>Thurston County</b>				
Lacey Senior Center	(360) 407-3967	6757 Pacific Ave SE	Lacey	98503
Olympia Senior Center	(360) 586-6181	222 Columbia St NW	Olympia	98501
Tumwater Old Town Center	(360) 754-4160	215 North 2nd Ave SW	Tumwater	98512
Yelm Adult Community Center	(360) 458-7733	16530 103rd Ave SE	Yelm	98597
<b>Whatcom County</b>				
Bellingham Senior Activity Center	(360) 733-4030	315 Halleck St	Bellingham	98225
Blaine Community/Senior Center	(360) 332-8040	763 G St	Blaine	98230
Welcome Senior Center	(360) 592-5403	5103 Mosquito Lk Rd	Deming	98244
Everson Senior Center	(360) 966-3144	111 W. Main St	Everson	98247
Ferndale Senior Activity Center	(360) 384-5113	1999 Cherry St	Ferndale	98248
Lynden Community/Senior Center	(360) 354-4501	401 Grover St	Lynden	98264
Point Roberts Senior Activity Center	(360) 945-5424	1487 Gulf Rd	Point Roberts	98281
Sumas Community Center	(360) 988-2714	461 2nd St	Sumas	98295

# Con artists don't care how hard you worked.

They steal billions from Washington consumers like you every year. AARP and the Washington State Attorney General's office are fighting back with the Fraud Watch Network. It provides resources to help you spot and avoid identity theft and fraud so you can protect yourself and your family. Sign up to get watchdog alerts and stay up to date on con artists' latest tricks. It's free of charge for everyone — members, non-members and people of all ages. Because AARP and the Attorney General's Office are committed to safeguarding Washingtonians' financial futures.

[aarp.org/fraudwatchnetwork](http://aarp.org/fraudwatchnetwork)



Watchdog Alerts / Tips & Resources / Free for Everyone



## ABOUT ENTITLEMENTS: MEDICAID & COPES

**If you are in need of care services and may require Medicaid/COPES assistance in the future, NOW is the time to take action to understand the system and which housing and care communities may consider accepting Medicaid.**

This document does not attempt to cover the uniqueness of each Medicaid/COPES applicant. This document is intended to be an introduction to agencies that offer in-depth information or who administer these programs.

### **About Medicaid / COPES (Community Options Program Entry System)**

"Medicaid" is frequently confused with "Medicare". Medicare is a type of insurance program for older adults; Medicaid is a program for individuals or couples who have outlived their savings but still have care needs that they are unable to pay for privately.

Medicaid and COPES are federally funded programs managed by the State of Washington through the Department of Social and Health Services (DSHS). Medicaid is a program designed for individuals requiring skilled nursing care in a nursing home setting; COPES (a subcategory of Medicaid) is for individuals requiring an adult family home environment, assisted living environment or in-home care.

CHOICE Advisory Services, Inc. and its staff and representatives are not legal or financial advisors. The information contained in this document is intended to serve as a **starting point** for individuals working in the senior housing or health care industries, or for consumers who wish to take a beginning look at these programs. CHOICE provides this information to the community at large in hopes of making educational materials and resources more readily available and accessible.

You are encouraged to seek the advice of government staff, the Department of Social and Health Services, the Veteran's Administration, or your personal professional providers to assist you with these matters. Please note that the definition of "couple" must be verified by the specific regulatory agency. The legal definition may change over time.

CHOICE Advisory Services, Inc. cannot be held responsible for any injury, harm or loss that may occur as a result of reading or interpreting this document.

A state office called Home & Community Services oversees the Medicaid/COPES programs in Washington State. Applications for the Medicaid/COPES programs can be picked up at one of their offices; completed applications can also be returned there. Visit the Medicaid/COPES website for information:  
[www.adsa.dshs.wa.gov/Resources/clickmap.htm](http://www.adsa.dshs.wa.gov/Resources/clickmap.htm)

You may also request an application to be sent to you. The application packet will contain a return envelope or you can return the application in person to any of the offices listed below. There is no fee to apply for Medicaid/COPES.

To obtain an application from Home & Community Services for Medicaid or COPES, contact the office in your county:

Clallam	800-462-4957	Skagit	866-608-0836
Island/San Juan	866-608-0836	Snohomish	866-608-0836
King	800-346-9257	Thurston	800-462-4957
Kitsap	800-338-7410	Whatcom	800-239-8292
Pierce	800-442-5129		

Additional information regarding Medicaid & COPES can be found by visiting the Washington LawHelp web site at **[www.washingtonlawhelp.org](http://www.washingtonlawhelp.org)**.

If you do not have access to the Internet, please request information about Medicaid / COPES from Senior Information & Assistance:

Clallam	800-801-0070	Skagit	360-428-1310
Island/San Juan	360-378-2677	Snohomish	800-422-2024
King County	888-435-3377	Thurston	888-545-0910
Kitsap	800-562-6418	Whatcom	800-585-6749
Pierce	800-562-0332		

***Consumers should review the information available on the internet and the printed literature from the agencies overseeing these programs prior to***



***seeking the assistance of a professional. Being acquainted with the concepts and terminology of these programs will shorten your learning curve and increase your understanding these programs.***

For a listing of elder law attorneys who may assist with your Medicaid application contact CHOICE at 800-361-0138 for a no-cost listing. Or contact the National Academy of Elder Law Attorneys, Inc. [www.naela.com](http://www.naela.com).

### **About Senior Information and Assistance**

This agency serves people regardless of financial status though they tend to focus on helping those with limited financial resources or who may not have support network.

### **Basics of Medicaid (for nursing home care)**

The applicant must require skilled nursing care according to an assessment conducted by DSHS. An individual can have no more than \$2,000 of assets; a couple may have approximately \$55,016 (not including your personal home, one car and your personal possessions). Additionally, your monthly cost for skilled nursing care must be greater than your income (or a couple's income). The State of Washington has a desire to avoid impoverishing the spouse who may *not* need care so parameters do exist to allow the spouse not living in skilled nursing to retain certain assets and income.

### **Basics of COPES (Medicaid program for Assisted Living, Adult Family Home or In-home care)**

COPES is a subset of Medicaid and is administered by same office as Medicaid. COPES is designed for people who require care services or have memory loss. COPES benefits are available within a small number of assisted living communities or adult family homes. Personal in-home care, care from an agency or even a family member (but not your spouse) may be partially compensated by COPES up to approximately \$10.03 to \$11.07 per hour.

At this time, federal and state laws allow for the "well" spouse to retain ALL income in his/her name. For this reason, it is advisable to seek financial guidance. In the instance that an annuity is purchased to restructure finances, it is important to know the parameters looked at by the State; financial assistance is highly encouraged.

***CHOICE highly recommends working with an elder law attorney or with financial professionals such as CPAs or accountants who can give you a full understanding of the parameters of Medicaid/ COPES. Also, older adults and their responsible parties must fully understand in what cases a Medicaid lien will be filed by DSHS and collection of money paid out may be recouped by the state. It is advisable to seek guidance to complete the Medicaid application.***

### **Veterans "Aid & Attendance" and Medicaid/COPES**

If a vet is receiving "Aid & Attendance", they may also be able to receive COPES benefits if they meet the COPES income and assets qualifications. If the additional VA income pushes the Vet's income over the monthly income limit for COPES, it could cause the vet to be disqualified for COPES.

### **Look Back Periods**

There are many misconceptions as to what a "look back period" is. These matters are complex and require guidance based on your own, unique situation; please consult DSHS, an elder law attorney or a trusted financial professional to help you understand how look back periods may or may not affect you.

### **Divorce**

A COPES recipient who is facing divorce should get advice from a lawyer familiar with Medicaid and COPES rules regarding property division and maintenance settlements. These issues may affect ongoing COPES eligibility or participation requirements, as well as eligibility for other programs.

### **Gifting**

Some individuals spend down their money until they can qualify for this entitlement. Others "gift" money to family, friends or charity. Keep in mind that for every \$6,500\* gifted, an applicant is disqualified from applying for benefits for one calendar month. Anyone considering gifting should fully understand the laws and possible tax liabilities.

*\*The actual figures vary from year to year*

### **Supplementation**

At this time, Washington State allows supplementation from family members, friends or other concerned parties under the following parameters of WAC (Washington Administrative Code); the senior housing and care provider must clearly state these policies in writing, inclusive of disclosure in their admission agreement.

Refer to the following WACs for the explanation of Supplementation as viewed by the State of Washington

#### **WAC 388-105-0050; Supplementation – General Requirements:**

<http://apps.leg.wa.gov/WAC/default.aspx?cite=388-105-0050>

#### **WAC 388-105-0055; Supplementation – Unit or Bedroom**

<http://apps.leg.wa.gov/WAC/default.aspx?cite=388-105-0055>





# Attention!

## Wartime Veterans and Surviving Spouses

Did you know that many  
Wartime Veterans and their  
surviving spouses or widows  
are eligible for a tax-free  
pension benefit from the  
Veterans Administration?

### The Aid and Attendance Improved Pension Benefit

#### Maximum Benefit Schedule for 2014

Beneficiary	Monthly Pension
Two veterans, married	\$2,716
Veteran and spouse	\$2,085
Veteran, no dependent	\$1,758
Sick spouse of Veteran (New and Improved Pension)	\$1,380
Surviving spouse/widow	\$1,130

To find out if you or your family members qualify for this benefit  
and for more information, please call:

**Law Office of Tracie L. Wall & Associates, PS**  
**425-275-9555**

Email: [aidandattendance@traciewalllaw.com](mailto:aidandattendance@traciewalllaw.com)

Please visit our web site at [www.traciewalllaw.com](http://www.traciewalllaw.com)



## VETERANS BENEFITS— “AID & ATTENDANCE”

### About the Veteran Improved Pension and Additional Allowance for Aid & Attendance or Housebound

Any wartime veteran discharged under conditions other than dishonorable and having completed 90 days of active duty, one day beginning or ending during a period of war, is eligible to apply the Veteran Improve Pension and additional allowance for either Aid & Attendance or Housebound. A surviving spouse of a war-time veteran may also apply (marriage must have ended due to the death of veteran, and marriage must have occurred 12 months prior to death). If the marriage ends as a result of divorce, the non-veteran spouse no longer qualifies for a Death Pension. The individual applying must qualify both medically and financially. Periods of war which have been qualified by Congress appear

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and its employees and representatives are held harmless for any injury, loss or harm which may occur as a result of interpreting information or lack of information contained within this document. You are encouraged to make direct contact with one of the accredited contacts listed below to gather information and to seek assistance. CHOICE can help you understand what housing & care providers exist in the community; however CHOICE Advisory Services, Inc. is NOT an accredited provider of Veteran's information as it relates to application for benefits or long-term planning.

The database, this information and the laws regarding these matters may change. To obtain current and accurate information, discuss these matters with your trusted financial, legal and/or tax professional or discuss directly with an accredited representative of the Veteran's Affairs.

Neither CHOICE Advisory Services, Inc. nor its employees derive any fee, commission or financial gain by referring you to agencies or professionals assisting with legal, financial or application services for Veteran's benefits.

**It is not legal for individuals or agencies to charge you a fee to help with completion or submission of your Veteran's Benefit application. There should be no charge associated with this portion of your guidance from an Attorney or Financial Professional.**

below. For time frames after Sept. 7, 1980, please refer to the Veteran's Administration web site: [www.va.gov](http://www.va.gov)

To qualify medically, a war-time veteran or surviving spouse must require the assistance of another person to perform daily tasks, such as medication assistance, eating, dressing, undressing and taking care of personal needs such as grooming, bathing or toileting. Also eligible for such benefits are individuals with dementia/ memory loss or who are blind and require the assistance of care giving staff.

Eligibility must be proven by filing the proper Veterans Application for Pension or VA Form 21-526 for Veteran and 21-534 for surviving spouse of a Veteran. This application requires a copy of DD-214 or separation papers, medical evaluation, or specific documentation from a physician and marriage license, if applicable. A financial disclosure including income and assets is required.

*Continued on page 116*

## VETERANS BENEFITS— "AID & ATTENDANCE"...CONTINUED

**VA BENEFITS ARE NOTTAXABLE INCOME** (Figures noted are MAXIMUM payable amounts for 2014):

<b>Married (both Vets)</b>	\$2,716 per month (if both qualify for care and both are Veterans)
<b>Married</b>	\$2,085 per month (if Veteran qualifies for care and is married)
<b>Single Veteran</b>	\$1,758 per month (if Veteran qualifies for care)
<b>Veteran with spouse</b>	\$1,380 per month (if Veteran does not need care)
<b>Surviving Spouse</b>	\$1,130 per month with Aid & Attendance allowance

### Periods of War

Only veterans with wartime service are eligible for non-service-connected disability pension benefits. To be considered by the VA to have served during wartime, a veteran need not have served in a combat zone yet the veteran must have been on active duty during one of these designated periods. All other times are considered peacetime. If a majority of a veteran's service occurred during peacetime, the service member would still meet the wartime service requirement for eligibility for pension benefits if he or she served 90 consecutive days, at least one day of which occurred during a period designated as wartime.

The following list defines the periods of wartime designated by Congress for pension purposes.

Declared War	Wartime	Descriptions
Mexican Border War	5/9/1916 – 4/5/1917	The Veteran must have served for one day or more in Mexico, on the borders thereof, or in the waters adjacent thereto
World War I	4/6/1917 – 11/11/1918	Service after November 11, 1918 - July 2, 1921, qualifies for benefits purposes if active duty was performed for any period during the basic World War I period
World War I (ext)	Extended to 4/1/1920	For those who served in the Soviet Union
World War II	12/7/1941 – 12/31/1946	
World War II (ext)	Extended to 7/25/1947	Where continuous with active duty on or before 12/31/1946
Korean Conflict	6/27/1950 – 1/31/1955	
Vietnam Era	8/5/1964 – 5/7/1975	2/28/1961 – 8/5/64 for vets who served in Republic of Vietnam during that period
Persian Gulf War	8/2/1990 -	The end date to be prescribed by Presidential proclamation

*Congress has not enacted legislation that would make the periods covering the 1983-1984 Lebanon crisis or the invasions of Grenada and Panama wartime service.*

Furthermore, the veteran or couple applying for Improved Pension must qualify from an income and asset standpoint. Generally speaking, the asset maximum is set at approximately \$40,000 (Note: This figure may be different at the time of application. It is also important to note that this figure may be higher according to some sources.) You should discuss the specific positioning of assets with your chosen financial or legal professional before applying for Improved Pension benefits as the maximum allowable asset amount may vary based on other criteria.

**Note:** If the Veteran or surviving spouse is already in receipt of the Improved Pension/Death Pension but not receiving additional allowance for Aid & Attendance or Housebound, a request for either of these two allowances can be accomplished by submitting VA Form 21-4138 and a signed physician's diagnoses of disabilities.

Benefit amounts appearing earlier in this document under the heading of "MAXIMUM benefits paid" are based on gross income less allowable expenses. As an example, some of the allowable deductions are: payments for Medicare parts B and D, supplemental insurance premiums, payments for prescription expenses not covered by insurance, and expenses related to health care practitioners (such as in-home care, assisted living, adult family home care or skilled nursing care).

*Every individual's and couple's situation is unique, and these computations can be complicated. Seeking the guidance of a qualified Veteran's specialist will likely give you the clarity you are likely seeking.*

### **Long-term Care Planning with an Attorney (when assets exceed maximum allowable parameters)**

Your legal professionals such as attorneys or tax planning professionals such as a CPAs may recommend you consider the implementation of one or more estate or financial planning strategies to meet the requirements of the Veteran's Administration.

Implementation of estate planning is sometimes a controversial issue, as legal

repositioning of assets occurs to allow the Veteran to apply for benefits earlier than possible without this type of planning.

***Much like financial or tax planning and Medicaid planning, many opinions and misinformation exists in our community. Working with a knowledgeable attorney, you will be given insight as to your specific options.***

Attorneys most often review the need for and provide information regarding all possible legal documents beneficial to an individual or couple, such as a Durable Power of Attorney, Advance Directives and Wills or Trusts. As pricing from attorney to attorney can vary, it is advisable to obtain one or more price quotes before enlisting the services of specific legal representative. The credentials, experience and involvement of the attorney in veteran-specific and aging services is also important.

You may consider enlisting the help of a credentialed and approved attorney to create an irrevocable trust to reposition your assets, which will help expedite the application for Improved Pension/Death Pension and/or Medicaid Benefits. An irrevocable trust is a separate legal entity in which assets are held. For example, an annuity, stock portfolio, CDs, bonds or even real estate can be retitled in the name of the trust entity. Assets retitled in the name of the trust are managed by a named trustee or trustees. The named trustee is an individual other than the VA applicant(s) such as one or more adult children or other trusted representative.

**Note:** The Veteran's Administration will expedite a claim adjudication only in instances where the application is diagnosed as terminally ill with life expectancy of less than six months.

Frequently one or more adult children are listed as Trustee(s), yet any individual, other than the VA applicant(s) or entity can be named as trustee of an irrevocable trust. For example, a business or agency (such as a guardianship agency) can be named trustee.

The trustee of an irrevocable trust has legal title to the property of the trust, but the beneficiary(-ies) retain equitable title to the assets. The trustee has the fiduciary



## VETERANS BENEFITS— "AID & ATTENDANCE"...CONTINUED

responsibility to utilize the asset(s) and earnings from the assets according to the terms set out in the Trust Agreement of the VA Applicant(s).

Because of the complexities of the irrevocable trust, and because older adults and their families must make decisions regarding the specific assets and income from these assets, it is advisable to work directly with an Elder Law Attorney to create and fund the trust. (Funding means placing correct title on assets and recording such titling)

### Possible Benefits of Having an Irrevocable Trust:

- If there are cognitive issues with the senior, a future guardianship can be avoided, which avoids the need to go to the court to obtain approval for expenditures
- No probate is required when the older adult dies
- Adds an additional layer of fiduciary responsibility ensuring that the assets in the trust are held for the benefit of the beneficiaries and are not subject to claims against the Trustee(s)
- Assets are protected from creditors' claims
- An irrevocable trust can aid in prequalification for government assistance, including Medicaid, in the future if the document is properly drafted.

At the date appearing at the top of this document, there is currently no "look back" period for assets moved into a trust to apply for Improved Pension/VA Benefits (note that there is currently a five year look back period for Medicaid). Assets can currently be placed in the name of the trust and therefore become exempt from counting towards the maximum allowable asset amount. Real property, such as a home, can also be placed in the trust. Seek the guidance of your attorney if the home is to be sold in the near future or death of the veteran is anticipated as there are tax ramifications applicable to these topics.

IRAs and Roth IRAs cannot be retitled in the name of a trust without often harsh tax ramifications, yet they can be rolled over

into financial instruments which do meet the requirements of the Veteran's Administration. You may wish to discuss the benefits of moving such funds to an investment such as a Single Premium Immediate Annuity. Because of the complexities of this matter coupled with the fact that every individual or couple has unique circumstances, it is advisable to consider all of your options with the inclusion of a financial, legal and tax professional.

### Income Planning with a Financial Professional (when assets or income exceed maximum allowable parameters)

In lieu of the option of spending down assets or following a legal process for gifting assets, an attorney or financial professional may offer the option of retitling or repositioning assets into annuities. Annuities are similar to Certificates of Deposit with a Bank, only they are financial instruments sold by insurance companies. Be certain to discuss the specifics of the financial instrument you are considering with your legal, financial and tax professionals.

Many types of annuities exist, and some have fees associated with the set up and/or access to funds. Many older adults prefer placing their funds in annuities which have guarantees to ensure against any loss of principal. Options exist which have no up-front fees and which give certain access to funds without penalty.

Be sure to review the credentials, experience and references of your selected Financial Professional. Also review closely the disclosure statement and materials they provide you. It is common within the financial industry to receive commissions from the insurance company where an annuity is placed - this is how some Financial Professionals can assist you without charging an hourly fee for their assistance. Other Financial Professionals (such as a Certified Financial Planner) charge a fee-for-service to give you guidance on an hourly basis regarding financial and investment options. It is of benefit to you to work with a financial professional with favorable references and associations and specific education in the parameters of the Aid & Attendance Benefit.

## Veteran's Benefits Specialists

There are three known types of people who assist with Veteran Benefit applications:

- Attorneys – Fee for service to create legal documents (Attorneys – as are all individuals and companies – are prohibited by law to charge a fee to complete the application process)
- Financial Services – no fee to consumer, these professionals are paid via commission from the insurance company if financial products are sold
- Veteran Service Officers – no fee, Veteran's Administration accredited organizations or individuals working for accredited organizations to assist with these matters. Although twelve such contractors currently exist, it is likely helpful for you to begin with the Washington state sponsored agency called Veterans Services Administration by calling toll-free: 1-800-562-2308 or visit their web site at [dva.wa.gov/service\\_officers.html](http://dva.wa.gov/service_officers.html). This office has a small team located in Olympia, who can help you by phone. If you need more personalized help, they will refer you to one of the twelve contracted Veteran Service Organizations and/or Independent Service Officers.

**Note:** Not all Veterans Services Officers are supportive of the services offered by attorneys or financial professionals. It is important to note that a number of veterans served by such agencies or individuals may not have assets, so their understanding of the legal opportunities for estate or financial planning may be limited or may vary from financial or legal professionals who mainly serve clients who have assets.

## The Application

The form required to apply for Veteran Benefits can be obtained by any Veteran Service Officer or from other professionals helping older adults with this process. It is not advisable to utilize the on-line version of the application.

Be certain to attach all necessary and requested copies to verify income, assets, honorable discharge and other items noted in the application.

## Physician(s) statements

The Veteran's Administration requires that all illnesses and diseases should be included in your application.

It is critical that your health care professional understand the importance of the document they are completing. Incomplete or incorrect information could cause delay or decline of benefits.

## The Application Processing Period and Retroactive Payments

All applications from residents of Washington State are processed in St. Paul, Minnesota. Unfortunately, this same office processes applications from twenty other states. With the demands placed on this office, it can take 8 to 12 months to receive approval for this benefit.

The VA will date stamp your application when received. Most frequently the date stamp is based on the 1st of the next month following receipt of your fully completed application (with all necessary accompanying documents). For example, if the VA receives your application on May 5th, the benefit will likely begin accruing on June 1st.

Once approved, the VA pays retroactively to the stamped date appearing on your application.

*For example, if it takes seven months to approve an application for a couple and the couple qualifies for the maximum benefit, the VA is likely to send retroactive payment of: 7 months X \$2,054 benefit for a couple = \$14,378.*

Not all applicants are granted the maximum amount of the stated benefit. Allowable expenses are deducted from income to yield an amount which may be smaller than the maximum benefit available.

## Unique Experience If There Is a Diagnosis of Dementia, Memory Loss or Alzheimer's Disease

This benefit is intended for veterans who are either physically frail and need assistance with activities of daily living, or for veterans who have cognitive impairments. When a physician notes a diagnosis involving possible or actual memory loss, the Veteran's Administration may require an additional review of the older adult's

Continued on page 120

## VETERANS BENEFITS- "AID & ATTENDANCE"...CONTINUED

application as well as review of the Trustee(-es) by a VA appointed individual. This additional fiduciary step can cause additional delays.

The VA may consider approving the application, but may hold any retroactive payments due until such time that this fiduciary process can be completed. The VA is taking this additional precautionary step to ensure that the older adult(s) and/or their legally responsible parties have reviewed the competency of the older adults, and that informed decisions have been made to ensure the safety and well-being of the Veteran and/or spouse.

### Annual review

An EVR is required annually (Eligibility Verification Report). This is a simplified VA document which asks for annual information regarding income, assets and expenses. It is a highly simplified form in comparison to the initial Improved Pension application.

### Other information

If someone has been denied a claim in the past for Improved Pension or Death Pension, they may apply again one calendar year later. Common reasons for denial:

- The application was not completed correctly
- Requested documentation/proof was not included in the application
- Necessary physician(s) reports were not included in the application
- The veteran or responsible party did not comply with laws regarding gifting or the repositioning of assets
- Income or assets is/are higher than allowable

Merchant Marines may now apply for this benefit.

If a Veteran does not have available a copy of discharge papers, there is a form available to order a certified copy. It takes 2-3 weeks to receive this document once the form is submitted. To access this form: **archives.gov**

### Medicaid/COPIES In Addition to Veteran's Benefits

Although it is possible to apply for Aid &

Attendance as well as Medicaid, under the current Medicaid Recovery Act, the State of Washington would ask for the funds from the VA to be given to the state; therefore, there is currently no known benefit to the Veteran to apply for both benefits.

The laws and subsequent planning for Medicaid/COPIES are completely different than the laws and planning for Veteran's Aid & Attendance benefits. ■

### Additional Resources:

Veterans Service Organizations and Independent Service Officers: [http://dva.wa.gov/service\\_officers.html](http://dva.wa.gov/service_officers.html)

To search for Accredited Attorneys, Claims Agents or Veteran Service Organization Representatives: <http://va.gov/ogc/apps/accreditation/index.asp>

US Department of Veterans Affairs web site regarding pensions: <http://vba.va.gov/bln/21/pension/vetpen.htm>

Frequently asked questions regarding accreditation - US Department of Veterans Affairs: [http://va.gov/ogc/accred\\_faqs.asp](http://va.gov/ogc/accred_faqs.asp)

Seattle Regional Office,  
US Department of Veterans Affairs:  
915 2nd Ave, Seattle, WA 98174  
Phone: 800-827-1000

Law Office of Tracie L. Wall & Associates, PS  
Web site: [www.traciwalllaw.com](http://www.traciwalllaw.com)

Tracie L. Wall, VA Accredited Attorney  
Phone: 425-275-9555

Email: [aidandattendance@traciwalllaw.com](mailto:aidandattendance@traciwalllaw.com)

This document was reviewed for accuracy by the law firm of Tracie L. Wall and Associates, PS. Tracie Wall is accredited by the United States Veterans Administration and is a licensed Attorney in Edmonds, WA.

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# GOVERNMENT PROGRAMS

## Adult Protective Services

APS staff respond to all reports of abuse, neglect, self-neglect, exploitation, or abandonment of vulnerable adults. Staff screen and may investigate reports; coordinate with the legal system or other resources to protect the adult and/or develop a plan of intervention. Vulnerable adult or legal representatives must give written consent and may choose to end services at any time. Protective services may include: Protection orders, evaluations (such as competency evaluations), case management, time-limited, in-home or residential services. Legal guardianship (consent is not required).

## Senior Information & Assistance

An integrated system designed to link people to needed services and information, both public and private. May range from providing simple information to comprehensive case management. Case management assists certain functionally impaired adults who are not eligible for Medicaid programs to obtain and use necessary support services

## Home and Community Services

The Home and Community Services (HCS) Division promotes, plans, develops and provides long-term care services for persons with disabilities and the elderly who may need state funds (Medicaid) to help pay for them.

## Family Caregiver Support Program

Services may include:

- Information about available public and private LTC support services
- Help gaining access to LTC family caregiver services
- Individual counseling, support group formation and implementation; caregiver training
- Respite care
- Supplemental services (vary according to local programs)

## Area Agency on Aging

Area Agencies on Aging (AAAs) are local organizations across the nation that develop and promote services and options to maximize independence, quality of life and choice for older people, adults with disabilities, and family caregivers.

EMERALD CAPITAL PRESERVATION  
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- Veterans Assisted Living Benefits for Wartime Veterans or their Surviving Spouse
- Medicaid Asset Protection Planning
- Assisted Living Financial Planning

For information or a no cost consultation call:  
Donald R. Smith, ChFC® 800-548-4934

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## GOVERNMENT PROGRAMS...CONTINUED

## Long Term Care Ombudsman

Long-Term Care Ombudsman Program (LTCOP) is a statewide program that trains and certifies volunteer ombudsmen to visit long-term care facilities across the state to advocate on behalf of residents. Certified volunteers in the Long-Term Care Ombudsman Program serve persons who reside in licensed long-term care settings (such as nursing homes, assisted living and adult family homes). An ombudsman works to ensure that residents in these facilities receive good quality of life and care by providing information to consumers about their rights, working to resolve problems on behalf of residents, monitoring the enforcement of the laws by DSHS, and advocating for improvements in the long-term care system.

## Mandatory Reporters

Mandatory Reporters are professionals identified by law who **MUST** make a report if they have reason to believe that the abuse, abandonment, neglect, or financial exploitation of a vulnerable adult has occurred.

Mandatory reporters are:

Employees of the Department of Social and Health Services (DSHS).

- Law Enforcement.
- Social Workers.
- Professional School Personnel.
- Contracted Individual Providers caring for a DSHS client.
- Employees of a social service, welfare, mental health, home care, hospice, home health, adult day care, and adult day health agency.
- Owners or employees of nursing homes, boarding homes, or adult family homes.
- Health Care Providers subject to Title 18 RCW (such as nurses and doctors).
- Christian Science Practitioner.

**State-wide Reporting Hotline: 800-562-6078**

**[www.adsa.dshs.wa.gov](http://www.adsa.dshs.wa.gov)**

## • Adult Protective Services

1-866-END-HARM • 1-866-363-4276

Clallam	877-734-6277
Grays Harbor	877-734-6277
Island	800-487-0416
Jefferson	877-734-6277
King	866-221-4909
Kitsap	877-734-6277
Lewis	877-734-6277
Mason	877-734-6277
Pacific	877-734-6277
Pierce	877-734-6277
San Juan	800-487-0416
Skagit	800-487-0416
Snohomish	800-487-0416
Thurston	877-734-6277
Whatcom	866-221-4909

## • Senior Information &amp; Assistance

Clallam	360-452-3221 • 800-801-0070 <a href="http://www.o3a.org">www.o3a.org</a>
Grays Harbor	360-532-0520 • 800-801-0060 <a href="http://www.o3a.org">www.o3a.org</a>
Island	360-675-0311 - Oak Harbor 360-678-4886 - Coupeville 360-321-1600 - South Whidbey 360-387-6201 - Camano Island <a href="http://www.nwrcwa.org">www.nwrcwa.org</a>
Jefferson	360-385-2552 • 800-801-0050 <a href="http://www.o3a.org">www.o3a.org</a>
King	206-448-3110 • 888-435-3377 <a href="http://www.kccaregiver.org">www.kccaregiver.org</a>
Kitsap	360-337-5700 • 800-562-6418
Lewis	360-748-2288 • 888-702-4464 <a href="http://www.lmtaaa.org">www.lmtaaa.org</a>
Mason	360-427-2225 • 877-227-4696 <a href="http://www.lmtaaa.org">www.lmtaaa.org</a>
Pacific	360-942-2177 / 888-571-6557 - Raymond 360-642-3634 / 888-571-6558 - Long Beach <a href="http://www.o3a.org">www.o3a.org</a>



**Senior Information & Assistance** -Continued

Pierce	253-798-4600 • 800-562-0332 www.PierceADRC.org
San Juan	360-376-2677 - Orcas, Blakely, Waldron 360-378-2677 - San Juan, Brown, Henry, Stuart 360-468-2421 - Lopez, Shaw, Center, Decatur www.nwrcwa.org
Skagit	360-428-1301 • www.nwrcwa.org
Snohomish	425-513-1900 • 800-422-2024 www.sssc.org
Thurston	360-664-2168 • 888-545-0910 www.lmtaaa.org
Whatcom	360-738-2500 • www.nwrcwa.org

**• Home and Community Services**

Clallam	360-565-2160 • 800-280-9891
Grays Harbor	360-533-9222 • 800-487-0119
Island	360-240-4737 • 800-326-1247
Jefferson	360-379-4326 • 800-280-9991
King	206-341-7750 • 800-346-9257
Kitsap	360-473-2299 • 800-422-7114
Lewis	360-807-7150 • 800-487-0360
Mason	360-664-9050 • 800-462-4957
Pacific	360-642-6220 / 800-269-6126 - Long Beach 360-875-4222 / 800-458-3747 - South Bend
Pierce	253-476-7200 • 800-442-5129
San Juan	360-416-7289 • 866-608-0836
Skagit	360-416-7289 • 866-608-0836
Snohomish	425-339-4010 / 800-780-7094 - Everett 425-673-3339 - Alderwood 360-794-1700 / 800-398-4172 - Skykomish Valley 360-651-6800 / 800-827-2984 - Smokey Point
Thurston	360-664-9050 • 800-462-4957
Whatcom	360-756-5750 • 800-239-8292

**• Family Caregiver Support Program**

Clallam	360-452-3221
Grays Harbor	360-532-0520
Island	360-675-0311 - Oak Harbor 360-678-4886 - Coupeville 360-321-1600 - South Whidbey 360-387-6201 - Camano Island
Jefferson	360-385-2552 • 800-801-0050
King	206-448-3110 • 888-435-3377 www.kccaregiver.org
Kitsap	360-337-5700 • 800-562-6418
Lewis	360-748-2288 x110 • 866-714-0479
Mason	360-427-2225 x110 • 877-227-4696
Pacific	360-942-2177 - Raymond 360-642-3634 - Ilwaco
Pierce	253-798-4600 • 800-562-0332
San Juan	360-376-2677 - Orcas, Blakely, Waldron 360-378-2677 - San Juan, Brown, Henry, Stuart 360-468-2421 - Lopez, Shaw, Center, Decatur
Skagit	360-336-9345 www.nwrcwa.org
Snohomish	425-290-1240 • 800-422-2024 www.snocare.org
Thurston	360-664-3162 x106 • 866-714-0479
Whatcom	360-738-2500

**• Area Agency on Aging** -Continued

Clallam	866-720-4863 • www.o3a.org
Grays Harbor	866-720-4863
Island	360-676-6749 • 800-585-6749 www.nwrcwa.org
Jefferson	360-379-5064 • 866-720-4863 www.o3a.org
King	206-684-0660
Kitsap	360-337-5700 • 800-562-6718
Lewis	360-748-2288 • 888-702-4464 www.lmtaaa.org
Mason	360-427-2225 • 877-227-4696 www.lmtaaa.org
Pacific	866-720-4863
Pierce	253-798-4600 • 800-562-0332

### • Area Agency on Aging *Continued*

San Juan	360-376-2677 · Orcas, Blakely, Waldron 360-378-2677 · San Juan, Brown, Henry, Stuart 360-468-2421 · Lopez, Shaw, Center, Decatur
Skagit	360-336-9345 • www.nwrcwa.org
Snohomish	425-290-1240 • 800-422-2024 www.snocare.org
Thurston	360-664-3162 x106 • 866-714-0479
Whatcom	360-738-2500

### • Long Term Care Ombudsman Complaint Filing & Resolution 800-562-6028 • www.waombudsman.org

Clallam	360-417-8556 • 800-801-0070 Jane Meyer • meyerja@dshs.wa.gov
Grays Harbor	360-500-4520 • 800-828-4883 x120 Judy Dawe • judyd@coastalcap.org
Island	360-588-5742 • Sandi Everest sandie@communityactionskagit.org
Jefferson	360-417-8556 • 800-801-0070 Jane Meyer • meyerja@dshs.wa.gov
King	206-623-0816 • King County LTCOP kltcop@multi-servicecenter.com
Kitsap	360-337-5714 • 800-562-6418 Dana Gargus • dgargus@co.kitsap.wa.us
Lewis	360-943-6018 • Paul Tosch ombudspt@localaccess.com
Mason	360-943-6018 • Paul Tosch ombudspt@localaccess.com
Pacific	360-500-4520 • 800-828-4883 x120 Judy Dawe • judyd@coastalcap.org
Pierce	253-798-3789 • Paul Ivers pivers@co.pierce.wa.us
San Juan	360-588-5742 • Sandi Everest sandie@communityactionskagit.org
Skagit	360-588-5742 • Sandi Everest sandie@communityactionskagit.org

### • Long Term Care Ombudsman *Continued*

Snohomish	425-388-7393 800-560-0552 Robin Low • robin.low@co.snohomish.wa.us
Thurston	360-943-6018 Paul Tosch ombudspt@localaccess.com
Whatcom	360-588-5742 Sandi Everest sandie@communityactionskagit.org

### • State-wide Agencies

Mandatory Reporters	800-562-6078 www.adsa.dshs.wa.gov
Medicare	800-633-4227 www.medicare.gov
Medicaid	800-562-3022 www.adsa.dshs.wa.gov
Social Security Administration	800-772-1213 www.ssa.gov

## Complaint Resolution for Referral Agencies

Attorney General General for the  
State of Washington ..... 800-551-4636

To best serve the interests of older adults and their families, referral agents are required to follow specific laws. If you have interaction with a Referral Agent who does not follow the law, you are encouraged to notify the Attorney General Office of the State of Washington. You may call the AG's office at 800-551-4636, or complete the on-line complaint form by visiting the web address noted below.

Referral Agents must provide their clients with and obtain confirmation that they received a Disclosure Statement explaining their services. This must all be done in advance of giving out options or in advance of giving your name to senior housing & care providers. Referral Agencies are required to follow a specific process for gathering information about your needs and preferences.

Be cautious when accessing any internet-based organization, as they may not comply with the law and

*Continued on next page*

therefore, may mishandle your information or provide you with incorrect information.

If you were not given a disclosure statement, or if your name was given out without your approval, please contact the Attorney General's Office:

#### On line complaint form:

<http://apps.leg.wa.gov/documents/billdocs/2011-12/Pdf/Bills/House%20Passed%20Legislature/1494-S.PL.pdf>

#### To file a complaint:

<https://fortress.wa.gov/atg/formhandler/ago/ComplaintForm.aspx>

or call: 800-551-4636 or for the hearing impaired: 800-833-6384

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## ■ KEY TO ABBREVIATIONS & ICONS USED IN THE GRID LISTINGS

### For all grids:

■ Yes, this service is provided    M Maybe    V Varies    A Ask provider for details

### Adult Family Homes:

#### Male/Female Designations

M Males only  
 F Females only  
 B Both Male & Female

#### Industry designations

BSN Bachelor of Science, Nursing  
 CG Caregiver  
 CNA Certified Nursing Assistant  
 EMT Emergency Medical  
 Technician  
 LPN Licensed Practical Nurse  
 MD Physician  
 MA Medical Assistant  
 NA Nurse's Aide  
 NAC Nursing Assistant Certified  
 NAR Nursing Assistant Registered

Ph.D Doctor  
 RN Registered Nurse  
 RNOC Registered Nurse On Call  
 RNC Registered Nurse Certified

### Retirement & Assisted Living Communities:

IL Independent  
 AL Assisted Living  
 SNF Skilled Nursing Facility

### Entrance Fees

C Community Fee:  
 1-2 months rent  
 V Varies:  
 Various payment plans

### Pets

VS Pets allowed to visit

### Alzheimer's & Dementia Care:

### Pets

VS Pets allowed to visit



# ABOUT THE CHOICE GUIDE

## Annual Publication

The CHOICE Guide of Products & Services for Seniors is an annual publication. Distribution begins in May of each year.

The deadline for advertising varies based on the section of the Guide in which your advertising appears. Deadlines range from January through March.

The CHOICE Guide is our area's most comprehensive and most respected source of information regarding services and products for older adults. This directory is comprised of over 1,000 businesses and agencies, all serving as a network of providers to assist in offering helpful information to seniors and their families.

CHOICE Advisory prints and distributes 100,000 CHOICE Guides annually. The following is a list of key areas of distribution:

## Health Care

- Clinics & Physicians
- Pharmacies
- Podiatrist Offices
- Dentist Offices
- Physical Therapists
- Nurses & Case Managers
- Hospitals – specific depts.
- Discharge Planners
- Mental Health Providers
- Medical Supply Companies

## Senior Housing & Care Providers

- Adult Day Services
- Senior Living Communities 55+
- Retirement & Assisted Living
- Skilled Nursing
- Dementia Care
- Home Health
- Professionals
- Banks & Trust Officers
- Insurance Sales Reps
- CPAs & Accountant Offices
- Financial Planners
- Attorneys & Elder Law
- Guardianship Agencies

## Social, Special Interest & Associations

- Churches & Synagogues
- Libraries
- Business & Professional Orgs.
- Fraternal & Sorority Orgs.
- Retirement Groups
- Employee Assistance Programs
- Senior & Community Centers
- Senior-specific Organizations
- Disease-specific Organizations
- Support Groups
- Trade Shows
- Internet
- Individual requests

*Families living in other parts of the U.S. with connections to the Greater Puget Sound order our printed publications through our web site at [www.choiceadvisory.com](http://www.choiceadvisory.com)*



CHOICE Advisory also attends dozens of senior trade shows and community events where the Guide is distributed.

CHOICE mails out thousands of CHOICE Guides to individual households and to people working within the senior housing and health care industries each and every month. Orders are processed daily for individual Guide requests and weekly for requests of cases of Guides.

The Guide itself is provided free-of-charge to consumers and to agencies & businesses that help distribute the Guide. CHOICE Advisory requests donations from consumers who wish to have a personal copy of the Guide mailed to their residence.

**For advertising information and deadlines, please call us at 800-361-0138 or drop us an email at [bestcare@choiceadvisory.com](mailto:bestcare@choiceadvisory.com)**



## The Washington State Long-term Care **OMBUDSMAN PROGRAM**

**We are advocates** for residents of nursing homes, assisted living and adult family homes. They work to resolve problems of individual residents and to bring about changes at the local, state, and national levels to improve care. Hundreds of trained staff and volunteers regularly visit long-term care facilities, monitor conditions and care and provide a voice for those unable or not willing to speak for themselves. The Swedish word "ombudsman" means "a public official appointed to investigate citizens' complaints against local or national government agencies that may be infringing on the rights of individuals." The Long-Term Care Ombudsman Program is established in

all States under the Older Americans Act.

### **Resident's Rights**

We help residents and their families and friends understand and exercise rights guaranteed by law, both at the Federal level and in many States.



**800-562-6028**  
[www.waombudsman.org](http://www.waombudsman.org)



**Thank you Washington voters for  
making our marriage possible**

**EQUALITY**



# | AREAS COVERED BY THE CHOICE GUIDE |



# The Greenest Lawn on the Block

Dad took great pride in having the best looking lawn in our neighborhood. He would mow, fertilize, weed, and water until our front yard looked like a putting green.

Our yard was the envy of the neighborhood. He spent evenings after dinner with his pipe and the garden hose. I still love the scent of tobacco and grass clippings.

Now Dad watches from the window as his lawn turns brown. The moss has taken over and his garden hose lies coiled and unused by the side of the house. He slowly shuffles, bent over with a cane, and cannot keep up with the chores of a 3-bedroom home, let alone, keeping up the lawn care. He needs help with the simplest of daily tasks: food prep, housework and transportation. Living alone in that big house is just too much for him.

If an elderly parent needs daily assistance – maybe they're not independent any more.

Please consider Aegis Living. We are the trusted local senior care provider specializing in assisted living and memory care. We offer the finest care, given by the most committed staff. Come in for a tour and lunch with your parent. Let them experience our community filled with warmth and new friends.

Call the residence nearest you for an appointment or more information.



## Aegis Living

We're the people who make life better.

Aegis of Bellevue  
425-298-3970  
AegisofBellevue.com

Aegis of Bothell  
425-296-3966  
AegisofBothell.com

Aegis of Edmonds  
425-298-3961  
AegisofEdmonds.com

Aegis of Issaquah  
425-298-5983  
AegisofIssaquah.com

Aegis of Kent  
253-341-4556  
AegisofKent.com

Aegis of Kirkland  
425-296-0209  
AegisofKirkland.com

Aegis Lodge (Kirkland)  
425-242-6328  
AegisLodge.com

Aegis of Lynnwood  
425-298-3960  
AegisofLynnwood.com

Aegis at Northgate  
(Seattle)  
206-673-5977  
AegisatNorthgate.com

Aegis of Redmond  
425-298-3980  
AegisofRedmond.com

Aegis of Shoreline  
206-452-0290  
AegisofShoreline.com

Aegis at Callahan House  
(Shoreline)  
206-452-0280  
AegisatCallahanHouse.com

NOW OPEN



Aegis at Marymoor – 425-999-4072 AegisatMarymoor.com • Aegis on Madison – 206-701-7811 AegisOnMadison.com



# Get closer to what matters most.



Whatever your passion, Era Living offers eight unique retirement communities designed to bring you closer to everything you love.

**LEARN  
MORE**  
ABOUT  
ERA LIVING  
ON PAGE 41.

**THINKING  
ABOUT  
MOVING?**

GET YOUR FREE  
DOWNSIZING GUIDE AT  
[eraliving.com/downsizing](http://eraliving.com/downsizing)

